



Chicken Crumb Coating

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound chicken
- 2 cups oatmeal cornflakes crushed
- 0.3 cup milk
- 0.5 teaspoon oregano dried
- 1 teaspoon paprika
- 1 cup parmesan cheese grated
- 0.3 cup sesame seed

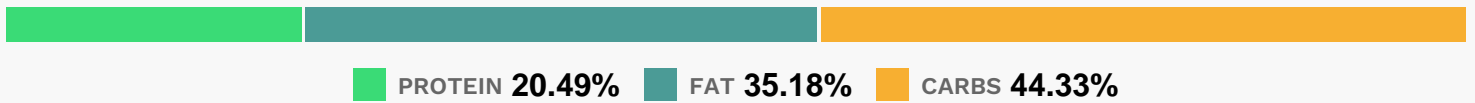
Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- Combine cornflakes, Parmesan cheese, sesame seeds, paprika, and oregano in a bowl. Cover and refrigerate for up to 4 months.
- Dip chicken pieces in milk, then roll in about 1 1/4 cups coating mix.
- Place in baking pan.
- Bake in preheated oven until no longer pink at the bone and juices run clear, about 45 to 50 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:31.654347803282%

Nutrients (% of daily need)

Calories: 473.32kcal (23.67%), Fat: 18.72g (28.81%), Saturated Fat: 6.05g (37.8%), Carbohydrates: 53.09g (17.7%), Net Carbohydrates: 50.44g (18.34%), Sugar: 6.16g (6.85%), Cholesterol: 73.33mg (24.44%), Sodium: 711.66mg (30.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.07%), Iron: 18.67mg (103.7%), Vitamin B3: 16.4mg (82.02%), Vitamin B6: 1.4mg (70.23%), Vitamin B2: 1.07mg (62.91%), Vitamin B1: 0.89mg (59.25%), Vitamin B12: 3.43µg (57.24%), Folate: 221.77µg (55.44%), Selenium: 22.87µg (32.67%), Phosphorus: 300.32mg (30.03%), Vitamin A: 1420.95IU (28.42%), Calcium: 183.22mg (18.32%), Copper: 0.36mg (17.77%), Zinc: 2.62mg (17.48%), Vitamin C: 13.73mg (16.65%), Vitamin D: 2.47µg (16.45%), Magnesium: 62.23mg (15.56%), Manganese: 0.25mg (12.57%), Fiber: 2.65g (10.58%), Vitamin B5: 0.97mg (9.67%), Potassium: 321.14mg (9.18%), Vitamin E: 0.49mg (3.28%), Vitamin K: 2.45µg (2.33%)