



Corn-Crisped Chicken and Potato Dinner

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.7 cup oatmeal cornflakes
- ☐ 4 chicken breast halves bone-in skinless
- ☐ 4 medium baking potatoes unpeeled cut into 1-inch cubes
- ☐ 1 bell pepper green red seeded cut into 1x1/2-inch pieces
- ☐ 1 medium onion cut into 8 wedges

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon paprika
- ☐ 2 tablespoons butter melted

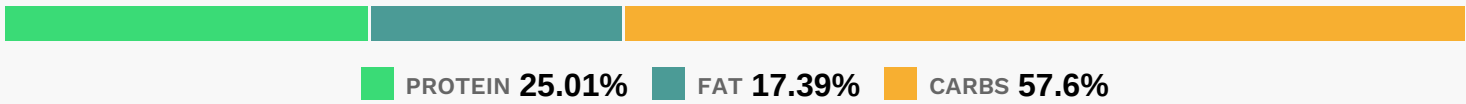
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F. Spray 15x10x1-inch baking pan with nonstick cooking spray.
- ☐ In shallow bowl, combine buttermilk, salt and ground red pepper; mix well.
- ☐ Place corn flake crumbs in another shallow bowl. Dip chicken in buttermilk mixture; coat with crumbs.
- ☐ Place crumb-coated chicken breast halves in corners of sprayed pan.
- ☐ In large bowl, combine potatoes, bell pepper and onion.
- ☐ Sprinkle with cheese, garlic powder and paprika; toss to coat evenly.
- ☐ Place in center of baking pan.
- ☐ Drizzle butter over chicken and vegetables.
- ☐ Bake at 400°F. for 30 to 40 minutes or until chicken is fork-tender, its juices run clear and potatoes are tender, stirring vegetables once halfway through baking.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:31.26, Inflammation Score:-9, Nutrition Score:37.423913437387%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 530.41kcal (26.52%), Fat: 10.39g (15.98%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 77.43g (25.81%), Net Carbohydrates: 72.23g (26.27%), Sugar: 7.97g (8.86%), Cholesterol: 76.69mg (25.57%), Sodium: 1143.74mg (49.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.62g (67.24%), Vitamin B6: 2.41mg (120.56%), Vitamin B3: 21.28mg (106.42%), Iron: 13.91mg (77.28%), Selenium: 42.16µg (60.22%), Vitamin C: 47.85mg (58%), Vitamin B1: 0.82mg (54.57%), Vitamin B2: 0.85mg (49.93%), Folate: 184.96µg (46.24%), Phosphorus: 445.76mg (44.58%), Potassium: 1512.12mg (43.2%), Vitamin B12: 2.33µg (38.84%), Vitamin A: 1331.06IU (26.62%), Magnesium: 103.5mg (25.87%), Manganese: 0.5mg (25.2%), Vitamin B5: 2.5mg (25.04%), Fiber: 5.2g (20.79%), Copper: 0.37mg (18.45%), Zinc: 1.96mg (13.09%), Vitamin D: 1.8µg (12.03%), Calcium: 93.23mg (9.32%), Vitamin K: 6.78µg (6.45%), Vitamin E: 0.76mg (5.03%)