



 **60%**
HEALTH SCORE

Cornflake-Crusted Baked Chicken

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



40 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken thighs bone-in skinless
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- 1 serving salt and pepper freshly ground
- 1 large eggs
- 2 cups oatmeal cornflakes crushed
- 1 tablespoon olive oil

Equipment

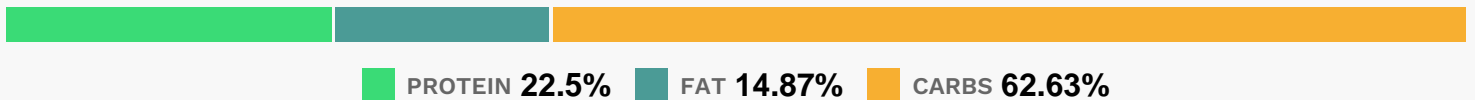
- bowl

- baking sheet
- oven
- whisk

Directions

- Preheat oven to 400 degrees. Rinse chicken, and pat dry. Season generously with salt and pepper.
- In a small bowl, whisk egg with 1 tablespoon water. In a large bowl, mix cornflakes with oil, cayenne, and 1 teaspoon salt.
- Working with one piece at a time, dip chicken in egg mixture, then coat with seasoned cornflakes, pressing flakes to help them adhere.
- Transfer coated pieces to a rimmed baking sheet.
- Bake until golden brown and crisp, about 30 minutes.
- Sprinkle with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:45.263043424358%

Nutrients (% of daily need)

Calories: 627.19kcal (31.36%), Fat: 10.51g (16.16%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 99.58g (33.19%), Net Carbohydrates: 95.67g (34.79%), Sugar: 11.28g (12.54%), Cholesterol: 170.54mg (56.85%), Sodium: 1053.19mg (45.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.77g (71.55%), Iron: 35.44mg (196.91%), Vitamin B3: 28.45mg (142.23%), Vitamin B6: 2.7mg (135.15%), Vitamin B2: 2.09mg (123.07%), Vitamin B12: 6.84µg (114.03%), Vitamin B1: 1.71mg (113.88%), Folate: 433.47µg (108.37%), Selenium: 43.01µg (61.44%), Vitamin A: 2211.35IU (44.23%), Phosphorus: 389.53mg (38.95%), Vitamin C: 24.84mg (30.11%), Vitamin D: 4.51µg (30.06%), Zinc: 3.53mg (23.56%), Vitamin B5: 2.02mg (20.18%), Magnesium: 77.43mg (19.36%), Copper: 0.32mg (16%), Fiber: 3.9g (15.61%), Potassium: 538.31mg (15.38%), Manganese: 0.22mg (11.19%), Vitamin E: 1.02mg (6.77%), Vitamin K: 5.98µg (5.69%), Calcium: 25.18mg (2.52%)