



Cornflake-Crusted Chicken

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cayenne pepper
- 6 cups coarsely cornflakes crushed
- 1 teaspoon thyme leaves dried
- 2 large eggs
- 0.5 cup flour all-purpose
- 4 servings salt and pepper
- 4 chicken breast halves boneless skinless
- 3 tablespoons butter unsalted melted

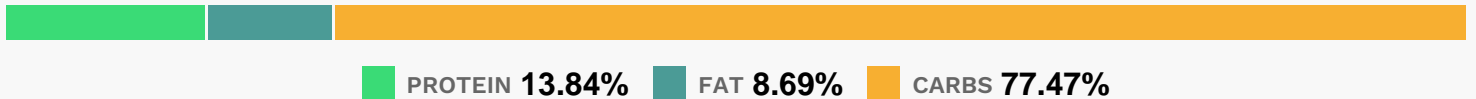
Equipment

- baking sheet
- oven
- whisk
- plastic wrap
- aluminum foil
- rolling pin

Directions

- Preheat oven to 375F. Line a rimmed baking sheet with foil.
- Place each chicken breast half between two sheets of plastic wrap. With a rolling pin, pound chicken to an even 1/2-inch thickness.
- Mix flour, thyme, cayenne pepper, salt and pepper. In a second shallow dish, whisk eggs to combine.
- Spread cornflake crumbs on a second rimmed baking sheet.
- Dip chicken into seasoned flour, turning to coat, then dip in egg mixture.
- Remove chicken, allow excess egg to drip off, then press both sides into cornflakes.
- Transfer to baking sheet. Discard remaining flour, egg and cornflakes.
- Drizzle chicken with melted butter.
- Bake until coating is crisp and chicken is cooked through, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.67, Inflammation Score:-10, Nutrition Score:62.179999786875%

Nutrients (% of daily need)

Calories: 1565.94kcal (78.3%), Fat: 15.5g (23.84%), Saturated Fat: 7.28g (45.47%), Carbohydrates: 311.01g (103.67%), Net Carbohydrates: 298.65g (108.6%), Sugar: 33.91g (37.68%), Cholesterol: 187.9mg (62.63%), Sodium: 2949.21mg (128.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.54g (111.08%), Iron: 104.49mg (580.52%), Vitamin B3: 76.31mg (381.56%), Vitamin B6: 7.26mg (363.1%), Vitamin B2: 5.71mg (335.75%), Vitamin B1: 4.96mg (330.92%), Folate: 1313.32µg (328.33%), Vitamin B12: 18.21µg (303.51%), Vitamin A: 6987.04IU (139.74%), Selenium: 78.75µg (112.5%), Vitamin C: 76.39mg (92.59%), Vitamin D: 13.55µg (90.31%), Phosphorus: 670.14mg (67.01%), Fiber: 12.36g (49.45%), Magnesium: 175.75mg (43.94%), Copper: 0.78mg (38.98%), Manganese: 0.76mg (37.87%), Zinc: 4.67mg (31.16%), Potassium: 1080.19mg (30.86%), Vitamin B5: 2.89mg (28.86%), Vitamin E: 1.32mg (8.83%), Vitamin K: 5.77µg (5.5%), Calcium: 47.84mg (4.78%)