



Crispy Baked Cereal Chicken

READY IN



55 min.

SERVINGS



4

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cups rice cereal squares crispy rice chex® (such as)
- 1 eggs
- 1.5 teaspoons garlic salt
- 1.5 cups milk
- 1.5 teaspoons lawry's seasoned salt
- 4 chicken breast halves boneless skinless

Equipment

- bowl

- oven
- baking pan
- kitchen thermometer

Directions

- Preheat an oven to 375 degrees F (190 degrees C); grease a 9x12 inch baking dish.
- Place the cereal in a large plastic zipper bag and crush the cereal into crumbs.
- Add the garlic salt and seasoned salt; shake the mixture together in the bag to combine.
- Pour the cereal crumb mixture out into a shallow bowl.
- In another shallow bowl, beat the egg with the milk. Dip each chicken breast half into the milk mixture, then into the crumb mixture, coating the chicken well with crumbs.
- Place the coated chicken breasts into the prepared baking dish.
- Bake in the preheated oven until the cereal coating is golden brown, the chicken is no longer pink in the center, and the juices run clear, about 40 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts

 PROTEIN **44.75%**  FAT **23.98%**  CARBS **31.27%**

Properties

Glycemic Index:9.5, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:16.031304514926%

Nutrients (% of daily need)

Calories: 270.94kcal (13.55%), Fat: 7.07g (10.88%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 20.48g (7.45%), Sugar: 4.44g (4.94%), Cholesterol: 124.22mg (41.41%), Sodium: 1926.51mg (83.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.69g (59.37%), Vitamin B3: 12.55mg (62.74%), Selenium: 43.24µg (61.77%), Vitamin B6: 0.92mg (46.04%), Phosphorus: 373.52mg (37.35%), Vitamin B5: 2.12mg (21.2%), Vitamin B2: 0.34mg (19.94%), Potassium: 592.54mg (16.93%), Vitamin B1: 0.21mg (14.02%), Vitamin B12: 0.82µg (13.63%), Calcium: 127.11mg (12.71%), Magnesium: 47.33mg (11.83%), Folate: 38.44µg (9.61%), Zinc: 1.38mg (9.22%), Vitamin D: 1.34µg (8.93%), Iron: 1.16mg (6.44%), Vitamin A: 241.53IU (4.83%), Copper: 0.09mg (4.27%), Vitamin E: 0.39mg (2.63%), Vitamin C: 1.36mg (1.64%), Manganese: 0.03mg (1.41%), Fiber: 0.26g (1.05%)