



HEALTH SCORE

68%

Crispy Oven Chicken



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cornflakes cereal crushed
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup egg substitute
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 16 ounce chicken breasts boneless skinless

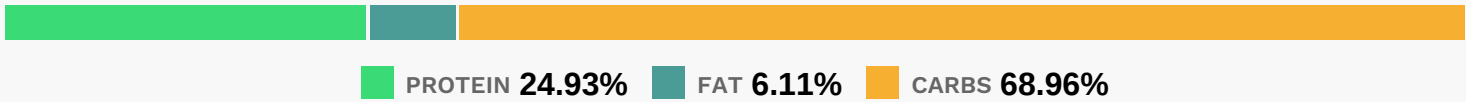
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Whisk together egg substitute and mustard until well blended. Coat all sides of chicken with egg mixture, and dredge in cornflakes mixture. Arrange chicken on a lightly greased wire rack on a baking sheet.
- ☐ Bake at 350 for 20 to 25 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:47.532173488451%

Nutrients (% of daily need)

Calories: 578.13kcal (28.91%), Fat: 4g (6.15%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 101.55g (33.85%), Net Carbohydrates: 96.61g (35.13%), Sugar: 12.11g (13.45%), Cholesterol: 72.57mg (24.19%), Sodium: 1806.51mg (78.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.43%), Iron: 35.71mg (198.41%), Vitamin B3: 33.18mg (165.91%), Vitamin B6: 3.03mg (151.44%), Vitamin B2: 2.04mg (120.22%), Vitamin B1: 1.73mg (115.01%), Folate: 434.08µg (108.52%), Vitamin B12: 6.24µg (104.06%), Selenium: 63.84µg (91.2%), Vitamin A: 2358.31IU (47.17%), Phosphorus: 399.12mg (39.91%), Vitamin D: 4.85µg (32.35%), Vitamin C: 26.43mg (32.03%), Vitamin B5: 2.45mg (24.46%), Magnesium: 89.83mg (22.46%), Potassium: 720.99mg (20.6%), Fiber: 4.94g (19.74%), Manganese: 0.34mg (17.24%), Zinc: 2.26mg (15.09%), Copper: 0.29mg (14.58%), Vitamin E: 1.06mg (7.04%), Calcium: 53.31mg (5.33%), Vitamin K: 4.24µg (4.04%)