



Crispy Oven-Fried Chicken

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb chicken whole skinless
- ☐ 2 cups cornflakes crushed
- ☐ 2 egg whites
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt

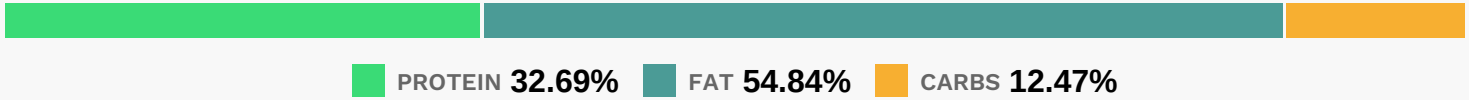
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Heat oven to 400°F. Spray rack in broiler pan with cooking spray.
- ☐ In shallow bowl, place crushed cereal. In another shallow bowl, beat remaining ingredients except chicken with fork until well blended. Dip chicken pieces into egg white mixture; coat with cereal.
- ☐ Place on rack in broiler pan.
- ☐ Bake about 45 minutes or until thermometer inserted in center of breast reads 170°F and in center of thighs, legs and wings reads 180°F.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:17.285217368084%

Nutrients (% of daily need)

Calories: 412.57kcal (20.63%), Fat: 24.77g (38.11%), Saturated Fat: 7.07g (44.21%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 11.86g (4.31%), Sugar: 1.52g (1.69%), Cholesterol: 122.47mg (40.82%), Sodium: 532.62mg (23.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.23g (66.46%), Vitamin B3: 13.7mg (68.52%), Vitamin B6: 0.85mg (42.27%), Selenium: 27.82µg (39.74%), Iron: 5.76mg (31.99%), Vitamin B2: 0.48mg (28.46%), Phosphorus: 260.43mg (26.04%), Vitamin B12: 1.22µg (20.33%), Vitamin B1: 0.29mg (19.35%), Vitamin B5: 1.56mg (15.64%), Vitamin A: 781.19IU (15.62%), Zinc: 2.33mg (15.51%), Folate: 61.52µg (15.38%), Potassium: 378.2mg (10.81%), Magnesium: 41.82mg (10.45%), Vitamin C: 5.66mg (6.86%), Copper: 0.12mg (5.87%), Vitamin D: 0.83µg (5.54%), Vitamin E: 0.74mg (4.92%), Vitamin K: 4.51µg (4.29%), Manganese: 0.08mg (4.18%), Fiber: 0.81g (3.24%), Calcium: 25.51mg (2.55%)