



Crispy Parmesan-Ranch Chicken Breasts (Strips or Tenders)

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup oatmeal cornflakes crushed
- 0.8 cup parmesan cheese grated
- 0.5 teaspoon garlic powder
- 0.5 teaspoon pepper black
- 1 ounce ranch seasoning dry
- 8 chicken breast boneless skinless
- 0.5 cup butter melted (you might need a little more)

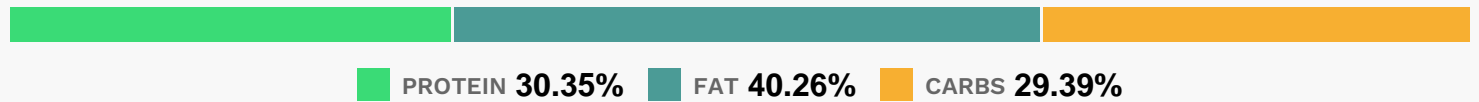
Equipment

- oven
- baking pan

Directions

- Grease a 13 x 9-inch baking dish.
- Set oven to 350 degrees F.
- In a shallow dish mix together the cornflake crumbs with Parmesan cheese, garlic powder (if using) black pepper and dry ranch dressing mix.
- Place the melted butter in a shallow dish.
- Coat the chicken breast or strips into the melted butter, then roll into the cornflake mixture.
- Place in prepared baking dish.
- Bake uncovered for about 30 minutes or until the chicken is cooked through (strips or tenders or chicken strips might take less time).

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:23.541739329048%

Nutrients (% of daily need)

Calories: 386.38kcal (19.32%), Fat: 17.18g (26.43%), Saturated Fat: 9.42g (58.89%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 27.2g (9.89%), Sugar: 2.83g (3.14%), Cholesterol: 110.98mg (36.99%), Sodium: 867.87mg (37.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.3%), Vitamin B3: 17.1mg (85.48%), Vitamin B6: 1.39mg (69.36%), Selenium: 42.09µg (60.13%), Iron: 9.03mg (50.18%), Vitamin B2: 0.6mg (35.3%), Phosphorus: 331.28mg (33.13%), Vitamin B1: 0.47mg (31.52%), Vitamin B12: 1.86µg (30.92%), Folate: 111.19µg (27.8%), Vitamin A: 998.41IU (19.97%), Vitamin B5: 1.73mg (17.27%), Potassium: 492.34mg (14.07%), Magnesium: 44.84mg (11.21%), Calcium: 94.11mg (9.41%), Zinc: 1.38mg (9.18%), Vitamin C: 7.57mg (9.17%), Vitamin D: 1.22µg (8.16%), Copper: 0.1mg (4.77%), Manganese: 0.09mg (4.62%), Vitamin E: 0.63mg (4.2%), Fiber: 1.02g (4.1%), Vitamin K: 1.58µg (1.51%)