



## Crispy Rosemary Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 tsp rosemary leaves dried crushed
- 0.5 tsp garlic salt
- 1 Tbsp oil
- 0.1 tsp pepper
- 1 lb chicken breast halves boneless skinless
- 0.8 cup wheat and barley cereal nuggets

### Equipment

- baking sheet

- oven
- blender
- baking pan

## Directions

- Preheat oven to 400F.
- Place cereal in blender; blend on low speed until cereal is finely crushed.
- Mix with seasoning in shallow dish.
- Brush chicken lightly with oil, then dip in cereal mixture, turning to evenly coat both sides.
- Place in greased 15x10x1-inch baking pan or on greased baking sheet.
- Bake 20 to 25 min. or until chicken is cooked through (165F).

## Nutrition Facts

**PROTEIN 34.96%** **FAT 20.21%** **CARBS 44.83%**

## Properties

Glycemic Index:25.5, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:32.574347195418%

## Nutrients (% of daily need)

Calories: 311.88kcal (15.59%), Fat: 7.4g (11.39%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 31.2g (11.35%), Sugar: 4.72g (5.24%), Cholesterol: 72.57mg (24.19%), Sodium: 677.15mg (29.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.61%), Vitamin D: 37.86µg (252.37%), Folate: 382.53µg (95.63%), Vitamin B3: 16.55mg (82.74%), Iron: 14.06mg (78.13%), Vitamin B6: 1.32mg (66.2%), Selenium: 36.3µg (51.85%), Phosphorus: 379.89mg (37.99%), Zinc: 5.62mg (37.46%), Vitamin B2: 0.52mg (30.31%), Vitamin B1: 0.43mg (28.49%), Vitamin B12: 1.64µg (27.38%), Fiber: 5.74g (22.96%), Magnesium: 67.67mg (16.92%), Potassium: 582.35mg (16.64%), Vitamin B5: 1.62mg (16.17%), Calcium: 102.4mg (10.24%), Vitamin A: 510.82IU (10.22%), Vitamin C: 7.11mg (8.62%), Vitamin E: 0.83mg (5.52%), Vitamin K: 2.82µg (2.69%), Copper: 0.03mg (1.62%), Manganese: 0.03mg (1.43%)