



## Crunchy Garlic Chicken

READY IN



55 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter melted
- 2 tablespoons milk
- 1 tablespoon chives fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon garlic powder
- 1 cup corn flakes/bran flakes whole crushed grain total®
- 3 tablespoons parsley fresh chopped
- 0.5 teaspoon paprika
- 1.8 lb chicken breast boneless skinless

## Equipment

- frying pan
- oven

## Directions

- Heat oven to 425°F. Spray 13x9-inch pan with cooking spray. In shallow dish, mix 2 tablespoons of the butter, the milk, chives, salt and garlic powder.
- In another shallow dish, mix crushed cereal, parsley and paprika. Dip chicken into milk mixture, then coat lightly and evenly with cereal mixture.
- Place in pan.
- Drizzle with remaining 2 tablespoons butter.
- Bake uncovered 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

## Nutrition Facts

**PROTEIN 47.88%** **FAT 42.09%** **CARBS 10.03%**

## Properties

Glycemic Index:34.54, Glycemic Load:3.12, Inflammation Score:-7, Nutrition Score:18.951739083166%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 245.86kcal (12.29%), Fat: 11.38g (17.51%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.73g (1.72%), Sugar: 1.53g (1.7%), Cholesterol: 85.27mg (28.42%), Sodium: 475.75mg (20.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.27%), Vitamin B3: 14.97mg (74.84%), Selenium: 46.01µg (65.73%), Vitamin B6: 1.12mg (55.92%), Vitamin K: 34.37µg (32.74%), Phosphorus: 317.99mg (31.8%), Vitamin B5: 1.99mg (19.85%), Vitamin A: 825.12IU (16.5%), Potassium: 555.89mg (15.88%), Vitamin B2: 0.24mg (14.17%), Iron: 2.54mg (14.11%), Manganese: 0.27mg (13.43%), Folate: 53.62µg (13.4%), Magnesium: 52.25mg

(13.06%), Vitamin B1: 0.18mg (11.92%), Vitamin B12: 0.63µg (10.57%), Zinc: 1.16mg (7.74%), Vitamin C: 4.56mg (5.53%), Fiber: 1.38g (5.52%), Vitamin E: 0.66mg (4.43%), Copper: 0.08mg (3.78%), Vitamin D: 0.41µg (2.72%), Calcium: 22.45mg (2.25%)