



Crunchy Parmesan Baked "Fried" Chicken

READY IN



80 min.

SERVINGS



5

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp butter melted
- 3 lb broiler-fryer chicken
- 0.5 cup corn flakes crushed
- 1 eggs lightly beaten
- 0.3 cup flour
- 0.3 cup parmesan cheese grated kraft
- 1 dash pepper
- 1 tsp salt
- 2 Tbsp water

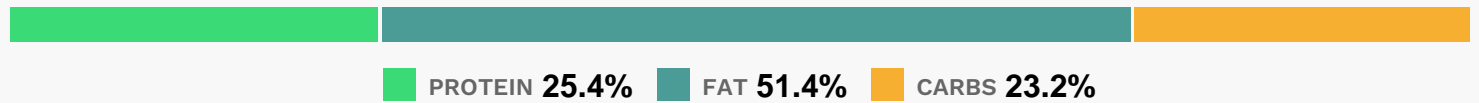
Equipment

- oven
- baking pan

Directions

- Preheat oven to 375F.
- Mix flour and seasonings in shallow dish.
- Add chicken; toss to coat. Beat egg and water in separate shallow dish.
- Mix cheese and corn flakes in third shallow dish.
- Dip chicken in egg mixture, then in cheese mixture, turning over to evenly coat both sides.
- Place in 13x9-inch baking dish; drizzle with butter.
- Bake 1 hour or until chicken is cooked through (180F).

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:4.6, Inflammation Score:-7, Nutrition Score:20.359565434249%

Nutrients (% of daily need)

Calories: 469.61kcal (23.48%), Fat: 26.6g (40.92%), Saturated Fat: 7.66g (47.85%), Carbohydrates: 27g (9%), Net Carbohydrates: 25.99g (9.45%), Sugar: 2.31g (2.56%), Cholesterol: 135.06mg (45.02%), Sodium: 882.29mg (38.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.15%), Vitamin B3: 13.62mg (68.12%), Iron: 8.58mg (47.68%), Vitamin B6: 0.9mg (45.2%), Selenium: 28.05µg (40.08%), Vitamin B2: 0.62mg (36.3%), Vitamin B1: 0.47mg (31.09%), Vitamin B12: 1.74µg (28.99%), Folate: 112.05µg (28.01%), Phosphorus: 275.61mg (27.56%), Vitamin A: 896.63IU (17.93%), Zinc: 2.34mg (15.59%), Vitamin B5: 1.44mg (14.36%), Magnesium: 40.27mg (10.07%), Potassium: 319.62mg (9.13%), Vitamin D: 1.31µg (8.76%), Vitamin C: 7.07mg (8.57%), Calcium: 68.17mg (6.82%), Manganese: 0.13mg (6.59%), Copper: 0.13mg (6.57%), Vitamin E: 0.72mg (4.78%), Fiber: 1.01g (4.04%), Vitamin K: 2.13µg (2.03%)