



## Crusted Honey Mustard Chicken - Weight Watchers



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup oatmeal cornflakes
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 0.7 cup honey mustard dressing light
- ☐ 1 medium scallion finely sliced
- ☐ 16 ounce chicken breasts boneless skinless
- ☐ 0.1 teaspoon salt

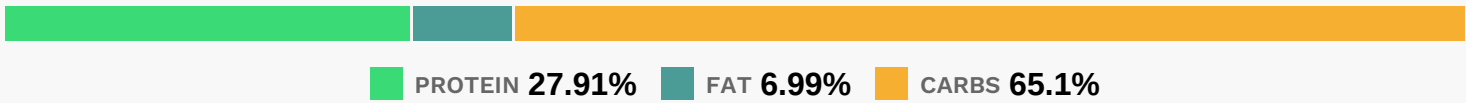
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

# Directions

- ☐ Preheat oven to 425°F Coat a shallow pan with cooking spray.2 In a small bowl, combine honey mustard dressing, salt, pepper, dill and scallions; remove 1/3 cup and set aside.3
- ☐ Place corn flake crumbs in a shallow bowl. Dip chicken into dressing mixture and then corn flake crumbs; place in prepared pan.4
- ☐ Bake until chicken is golden and no longer pink in center, about 15 minutes.5
- ☐ Drizzle remaining dressing mixture (the 1/3 cup that was set aside) over chicken breasts and serve.6 Yields 1 piece of chicken and about 1 1/3 tablespoons of dressing per serving.

# Nutrition Facts



# Properties

Glycemic Index:19.75, Glycemic Load:0.06, Inflammation Score:-9, Nutrition Score:32.622173967569%

# Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

# Nutrients (% of daily need)

Calories: 424.81kcal (21.24%), Fat: 3.18g (4.9%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 66.66g (22.22%), Net Carbohydrates: 64.6g (23.49%), Sugar: 14.01g (15.56%), Cholesterol: 72.57mg (24.19%), Sodium: 843.54mg (36.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.59g (57.17%), Vitamin B3: 22.44mg (112.18%), Iron: 17.58mg (97.66%), Vitamin B6: 1.91mg (95.53%), Vitamin B2: 1.02mg (59.75%), Selenium: 41.22µg (58.89%), Vitamin B1: 0.87mg (57.82%), Folate: 218.18µg (54.54%), Vitamin B12: 3.18µg (53.07%), Phosphorus: 299.99mg (30%), Vitamin A: 1131.97IU (22.64%), Vitamin C: 14.53mg (17.61%), Vitamin B5: 1.76mg (17.55%), Potassium: 530.5mg (15.16%), Vitamin D: 2.24µg (14.95%), Magnesium: 53.44mg (13.36%), Zinc: 1.27mg (8.43%), Fiber: 2.07g (8.26%), Vitamin K: 8.09µg (7.71%), Copper: 0.15mg (7.59%), Manganese: 0.13mg (6.56%), Vitamin E: 0.31mg (2.05%),

Calcium: 11.75mg (1.18%)