



## Easy Baked Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups cornflakes cereal crumbs
- 1 cup dressing french
- 4 chicken breast halves boneless skinless

### Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- Place the dressing in a shallow dish or bowl for dipping. Do the same with the cornflakes crumbs or breadcrumbs (see Cook's Note). Dip the chicken breasts, one at a time, in the dressing, then in the breadcrumbs to coat.
- Place chicken breasts in prepared baking dish.
- Bake in the preheated oven for 25 to 30 minutes, or until an instant-read thermometer reads 165 degrees F (74 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:19.726521771887%

## Nutrients (% of daily need)

Calories: 428.18kcal (21.41%), Fat: 27.41g (42.16%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 18.73g (6.81%), Sugar: 11.87g (13.19%), Cholesterol: 72.32mg (24.11%), Sodium: 620.75mg (26.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.64%), Vitamin K: 75.85µg (72.24%), Vitamin B3: 13.81mg (69.06%), Vitamin B6: 1.06mg (53.06%), Selenium: 37.03µg (52.9%), Phosphorus: 263.64mg (26.36%), Vitamin E: 3.35mg (22.35%), Iron: 3.65mg (20.29%), Vitamin B2: 0.31mg (18.35%), Vitamin B5: 1.63mg (16.34%), Vitamin B1: 0.24mg (15.78%), Potassium: 503.24mg (14.38%), Vitamin B12: 0.84µg (13.97%), Folate: 42.01µg (10.5%), Vitamin A: 511.43IU (10.23%), Magnesium: 37.85mg (9.46%), Fiber: 1.85g (7.39%), Zinc: 0.84mg (5.57%), Vitamin C: 3.56mg (4.32%), Vitamin D: 0.49µg (3.27%), Copper: 0.06mg (3.19%), Manganese: 0.05mg (2.39%), Calcium: 23.05mg (2.31%)