



Honey Flaked Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups cornflakes
- 0.5 cup flour all-purpose
- 0.5 cup honey
- 0.3 cup milk
- 4 chicken breast halves boneless skinless

Equipment

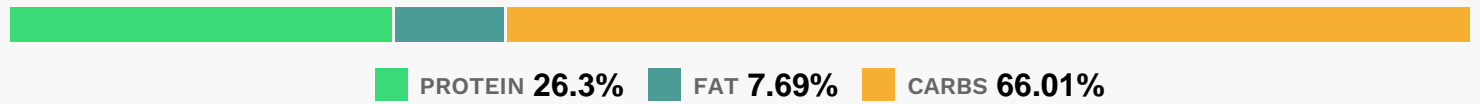
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- Place the flour in a small bowl and the cornflakes in a medium bowl. In a separate small bowl, mix the honey and milk. Dredge chicken in the flour, dip in the honey mixture, and thoroughly coat with the cornflakes.
- Arrange chicken in the prepared baking dish.
- Bake 25 minutes in the preheated oven, or until no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:41.32, Glycemic Load:27.1, Inflammation Score:-7, Nutrition Score:23.970434792664%

Nutrients (% of daily need)

Calories: 423.63kcal (21.18%), Fat: 3.68g (5.66%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 71.1g (23.7%), Net Carbohydrates: 69.67g (25.33%), Sugar: 38.23g (42.47%), Cholesterol: 74.15mg (24.72%), Sodium: 343mg (14.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.66%), Vitamin B3: 17.79mg (88.94%), Vitamin B6: 1.37mg (68.7%), Selenium: 44.41µg (63.44%), Iron: 9.41mg (52.29%), Vitamin B1: 0.58mg (38.58%), Vitamin B2: 0.65mg (38.41%), Folate: 133.92µg (33.48%), Phosphorus: 299.83mg (29.98%), Vitamin B12: 1.71µg (28.47%), Vitamin B5: 1.83mg (18.29%), Potassium: 526.77mg (15.05%), Magnesium: 46.42mg (11.6%), Vitamin A: 558.68IU (11.17%), Manganese: 0.21mg (10.25%), Vitamin C: 7.45mg (9.03%), Vitamin D: 1.29µg (8.59%), Zinc: 1.2mg (8%), Copper: 0.12mg (6.19%), Fiber: 1.43g (5.72%), Calcium: 30.69mg (3.07%), Vitamin E: 0.27mg (1.77%)