



Italian Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz chicken breast boneless skinless
- 0.8 cup corn flakes/bran flakes crushed finely
- 0.3 cup baking mix bisquick heart smart®
- 0.8 teaspoon seasoning italian
- 0.3 teaspoon garlic powder
- 0.3 cup eggs fat-free
- 1 tablespoon vegetable oil

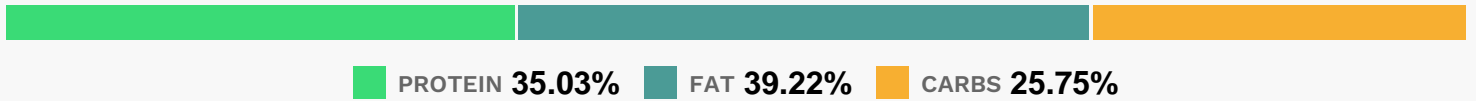
Equipment

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- In shallow dish, stir cereal, Bisquick mix, Italian seasoning and garlic powder. In another shallow dish, place egg product. Dip chicken in egg product, then coat with cereal mixture.
- In 10-inch nonstick skillet, heat 1 1/2 teaspoons of the oil over medium-low heat.
- Add chicken; cook 4 minutes. Turn chicken; add remaining 1 1/2 teaspoons oil to skillet. Cook 5 to 6 minutes longer or until chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:6.76, Inflammation Score:-7, Nutrition Score:25.396956713303%

Nutrients (% of daily need)

Calories: 349.45kcal (17.47%), Fat: 15.29g (23.52%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 19.17g (6.97%), Sugar: 4.69g (5.21%), Cholesterol: 185.87mg (61.96%), Sodium: 447.49mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.72g (61.43%), Selenium: 54.74µg (78.19%), Vitamin B3: 15.07mg (75.37%), Vitamin B6: 1.18mg (59.07%), Phosphorus: 456.04mg (45.6%), Folate: 139.57µg (34.89%), Manganese: 0.65mg (32.64%), Iron: 5.87mg (32.58%), Vitamin B2: 0.53mg (31.31%), Vitamin B1: 0.37mg (24.6%), Vitamin B5: 2.35mg (23.54%), Vitamin B12: 1.31µg (21.76%), Magnesium: 73.54mg (18.39%), Vitamin K: 18.67µg (17.78%), Potassium: 579.81mg (16.57%), Fiber: 3.41g (13.65%), Zinc: 1.92mg (12.81%), Vitamin A: 586.4IU (11.73%), Vitamin E: 1.37mg (9.1%), Vitamin D: 1.22µg (8.11%), Copper: 0.16mg (7.87%), Calcium: 68.4mg (6.84%), Vitamin C: 1.43mg (1.73%)