



## Lowfat Baked Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups cornflakes
- 4 cups yogurt plain
- 4 chicken breast boneless skinless

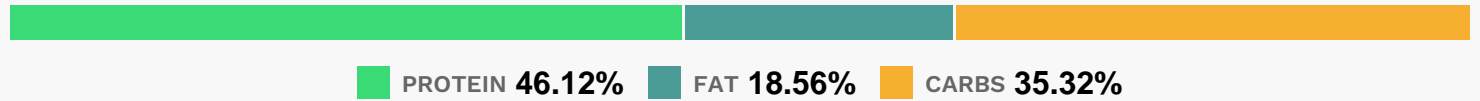
### Equipment

- oven
- baking pan
- wax paper

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Crush the cornflake crumbs between 2 pieces of wax paper.
- Dip the chicken breasts in the yogurt, coating both sides.
- Roll in crushed cornflake crumbs to coat all sides, then place in a 9x13 inch baking dish.
- Bake the chicken in the preheated oven for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:25.820000018763%

## Nutrients (% of daily need)

Calories: 333.15kcal (16.66%), Fat: 6.78g (10.43%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 28.56g (10.39%), Sugar: 18.58g (20.64%), Cholesterol: 87.02mg (29.01%), Sodium: 404.64mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.9g (75.8%), Vitamin B3: 14.57mg (72.86%), Selenium: 45.41µg (64.87%), Vitamin B6: 1.22mg (60.85%), Phosphorus: 604.38mg (60.44%), Vitamin B2: 0.85mg (50.01%), Calcium: 454.7mg (45.47%), Vitamin B12: 2.3µg (38.3%), Vitamin B5: 3.09mg (30.9%), Potassium: 1014.92mg (29%), Iron: 4.66mg (25.89%), Vitamin B1: 0.37mg (24.51%), Folate: 81.45µg (20.36%), Zinc: 2.98mg (19.84%), Magnesium: 76.49mg (19.12%), Vitamin A: 408.89IU (8.18%), Vitamin C: 6.26mg (7.58%), Copper: 0.09mg (4.5%), Vitamin D: 0.62µg (4.11%), Manganese: 0.05mg (2.51%), Vitamin E: 0.31mg (2.03%), Fiber: 0.46g (1.85%)