



Mike's Chicken

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups cornflakes cereal crushed
- 1.5 cups mayonnaise
- 0.5 teaspoon poultry seasoning
- 4 servings salt and pepper to taste
- 4 chicken breasts boneless skinless

Equipment

- bowl
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Slice chicken breasts in half, lengthwise.
- Combine seasoning and mayonnaise in a shallow dish or bowl and mix together.
- Place cereal crumbs in a separate shallow dish or bowl.
- Coat each piece of chicken with mayonnaise mixture, then roll in crumbs.
- Place coated chicken pieces in a 9x13 inch baking dish and season with salt and pepper to taste. Cover dish with aluminum foil.
- Bake at 375 degrees F (190 degrees C) for 1 hour.
- Remove foil cover and bake for 15 to 20 more minutes (this is optional; it will make the chicken crispier).

Nutrition Facts

PROTEIN 13.68% **FAT 76.83%** **CARBS 9.49%**

Properties

Glycemic Index:12.5, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:24.35086974372%

Nutrients (% of daily need)

Calories: 775.76kcal (38.79%), Fat: 65.86g (101.33%), Saturated Fat: 10.5g (65.63%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 17.58g (6.39%), Sugar: 2.48g (2.76%), Cholesterol: 107.6mg (35.87%), Sodium: 1011.43mg (43.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.79%), Vitamin K: 139.16µg (132.53%), Vitamin B3: 15.55mg (77.76%), Vitamin B6: 1.23mg (61.61%), Selenium: 39.85µg (56.93%), Iron: 6.75mg (37.52%), Phosphorus: 276.79mg (27.68%), Vitamin B2: 0.45mg (26.39%), Vitamin B1: 0.36mg (24.19%), Vitamin B12: 1.38µg (22.95%), Folate: 84.04µg (21.01%), Vitamin E: 3mg (19.99%), Vitamin B5: 1.8mg (18.03%), Potassium: 471.93mg (13.48%), Magnesium: 38.97mg (9.74%), Vitamin A: 470.14IU (9.4%), Vitamin C: 5.8mg (7.03%), Vitamin D: 1.04µg (6.91%), Zinc: 1mg (6.66%), Copper: 0.09mg (4.52%), Manganese: 0.08mg (3.79%), Fiber: 0.72g (2.88%), Calcium: 16.03mg (1.6%)