

No Fuss Chicken

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cornflakes cereal crushed
- 1 cup mayonnaise
- 2 tablespoons mustard prepared
- 0.3 cup parmesan cheese grated
- 4 chicken breasts boneless skinless

Equipment

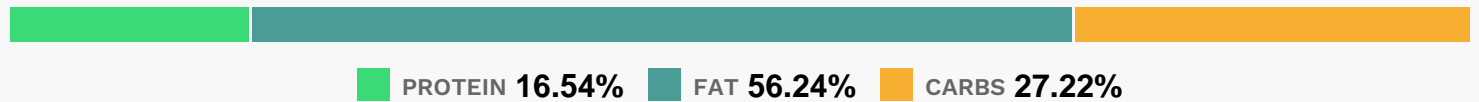
- bowl
- oven

baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Rinse chicken and pat dry. In a small bowl mix together the mayonnaise, mustard and cheese.
- Brush mixture onto chicken pieces to coat; refrigerate any leftover mixture for dipping.
- Place cereal crumbs in a shallow dish or bowl; roll chicken in crumbs to coat and place coated chicken in a lightly greased 9x13 inch baking dish.
- Bake at 400 degrees F (200 degrees C) for 20 to 25 minutes or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.18, Inflammation Score:-9, Nutrition Score:38.265217428622%

Nutrients (% of daily need)

Calories: 751.66kcal (37.58%), Fat: 47.05g (72.39%), Saturated Fat: 8.25g (51.56%), Carbohydrates: 51.23g (17.08%), Net Carbohydrates: 48.96g (17.8%), Sugar: 6.05g (6.72%), Cholesterol: 101.28mg (33.76%), Sodium: 1109.74mg (48.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.13g (62.26%), Vitamin B3: 22.42mg (112.1%), Iron: 17.78mg (98.76%), Vitamin B6: 1.92mg (95.99%), Vitamin K: 91.72µg (87.36%), Selenium: 47.09µg (67.28%), Vitamin B2: 1.05mg (61.72%), Vitamin B1: 0.89mg (59.09%), Vitamin B12: 3.33µg (55.58%), Folate: 219.37µg (54.84%), Phosphorus: 357.11mg (35.71%), Vitamin A: 1186.05IU (23.72%), Vitamin B5: 1.88mg (18.85%), Vitamin C: 13.81mg (16.74%), Vitamin D: 2.39µg (15.9%), Potassium: 551.42mg (15.75%), Magnesium: 58.79mg (14.7%), Vitamin E: 2.18mg (14.54%), Zinc: 1.65mg (11%), Fiber: 2.27g (9.1%), Copper: 0.17mg (8.32%), Manganese: 0.16mg (7.84%), Calcium: 73.06mg (7.31%)