



Original Ranch Crispy Chicken

 Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup corn flakes dry
- 1 ounce salad dressing & seasoning mix hidden valley® original ranch®
- 1 medium roasting chickens cut into serving pieces

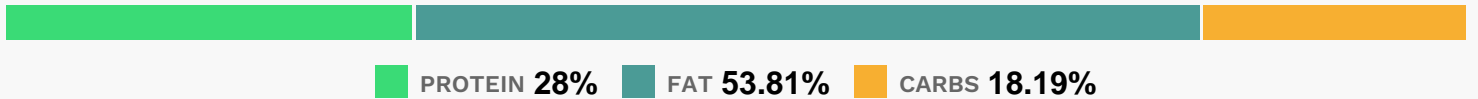
Equipment

- oven
- baking pan

Directions

- Preheat the oven to 375 degrees F.
- Combine seasoning dressing mix with bread crumbs in a gallon-size Glad® Food Storage Bag.
- Add chicken pieces and seal bag. Shake the bag to evenly coat chicken.
- Bake chicken on ungreased baking pan at 375 degrees F for 50 minutes or until juices run clear or an internal temperature of 165 degrees F.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:15.451739238332%

Nutrients (% of daily need)

Calories: 426.37kcal (21.32%), Fat: 24.75g (38.08%), Saturated Fat: 6.99g (43.72%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 17.86g (6.5%), Sugar: 1.34g (1.49%), Cholesterol: 131.34mg (43.78%), Sodium: 688.73mg (29.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.97%), Vitamin B3: 11.25mg (56.24%), Selenium: 23.16µg (33.08%), Phosphorus: 287.62mg (28.76%), Vitamin B12: 1.59µg (26.46%), Vitamin A: 1287.4IU (25.75%), Vitamin B6: 0.51mg (25.74%), Vitamin B2: 0.35mg (20.48%), Vitamin B1: 0.3mg (19.93%), Iron: 3.14mg (17.42%), Vitamin B5: 1.68mg (16.75%), Folate: 62.82µg (15.7%), Zinc: 2.27mg (15.12%), Manganese: 0.24mg (11.99%), Potassium: 341.66mg (9.76%), Magnesium: 38.3mg (9.58%), Copper: 0.15mg (7.34%), Calcium: 54.8mg (5.48%), Vitamin C: 3.67mg (4.44%), Fiber: 0.97g (3.89%), Vitamin K: 1.43µg (1.36%)