



Oven Fried Chicken

READY IN



60 min.

SERVINGS



8

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon cayenne pepper
- 4 medium chicken breasts and 4 chicken thighs skinless dry rinsed ()
- 0.5 cup corn cereal flakes fine
- 1 tablespoon dijon mustard
- 2 egg whites
- 0.5 teaspoon garlic powder
- 1 cup lowfat plain
- 0.5 teaspoon salt
- 2 tablespoons sesame seed

0.5 cup whole-grain crackers salted fine

Equipment

bowl

baking sheet

oven

knife

Directions

Watch how to make this recipe.

Preheat oven to 375 degrees F. Lightly spray a baking sheet with olive oil.

Combine the crackers and corn cereal crumbs, sesame seeds, cayenne, and garlic powder in a shallow bowl. Reserve.

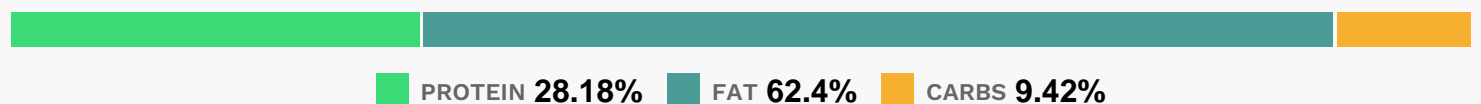
In a large bowl, combine egg whites, yogurt, Dijon mustard, and salt.

Add the chicken pieces and coat thoroughly with the yogurt mixture.

One at a time, dip the chicken pieces in the cracker mixture, packing crumbs onto chicken. Arrange the chicken on a baking sheet and spray lightly with olive oil cooking spray.

Bake for 45 to 50 minutes, or until juices run clear when chicken is pierced with a knife.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:6.6034782684368%

Nutrients (% of daily need)

Calories: 166.38kcal (8.32%), Fat: 11.49g (17.68%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.7g (1.89%), Cholesterol: 59.35mg (19.78%), Sodium: 249.16mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.35%), Selenium: 14.27µg (20.39%), Vitamin B3: 3.09mg (15.43%), Phosphorus: 137.2mg (13.72%), Vitamin B6: 0.26mg (13%), Vitamin B2: 0.19mg (10.93%), Vitamin B12: 0.57µg (9.49%), Zinc: 1.08mg (7.23%), Vitamin B5: 0.72mg (7.19%), Iron: 1.25mg (6.96%), Vitamin B1: 0.1mg (6.35%), Calcium: 63.39mg (6.34%), Copper: 0.12mg (6.08%), Magnesium: 24.27mg (6.07%), Potassium: 196.67mg

(5.62%), Manganese: 0.08mg (3.85%), Vitamin A: 185.17IU (3.7%), Folate: 12.74µg (3.19%), Fiber: 0.44g (1.77%),
Vitamin E: 0.21mg (1.39%), Vitamin K: 1.43µg (1.36%)