



Oven Fried Chicken with Corn Flakes

 Vegetarian  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



1375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cornflakes crushed
- 2 egg whites
- 1 teaspoon paprika
- 0.5 teaspoon salt
- 0.5 teaspoon garlic powder
- 0.5 teaspoon oregano dried
- 0.3 teaspoon ground pepper red (cayenne)
- 3 lb irish oats whole skinless

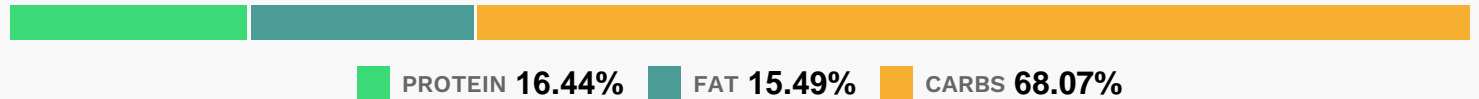
Equipment

- bowl
- oven
- kitchen thermometer
- broiler pan

Directions

- Heat oven to 400°F. Spray rack in broiler pan with cooking spray.
- In shallow bowl, place crushed cereal. In another shallow bowl, beat remaining ingredients except chicken with fork until well blended. Dip chicken pieces into egg white mixture; coat with cereal.
- Place on rack in broiler pan.
- Bake about 45 minutes or until thermometer inserted in center of breast reads 170°F and in center of thighs, legs and wings reads 180°F.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:106.69, Inflammation Score:-6, Nutrition Score:14.774782642074%

Nutrients (% of daily need)

Calories: 1374.64kcal (68.73%), Fat: 23.99g (36.91%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 237.2g (79.07%), Net Carbohydrates: 198.97g (72.35%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 418.31mg (18.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.29g (114.57%), Fiber: 38.23g (152.93%), Iron: 18.37mg (102.07%), Calcium: 177.65mg (17.76%), Vitamin B2: 0.29mg (16.93%), Vitamin B6: 0.27mg (13.7%), Vitamin B3: 2.6mg (12.99%), Folate: 51.73µg (12.93%), Vitamin B1: 0.19mg (12.82%), Vitamin B12: 0.71µg (11.89%), Vitamin A: 552.58IU (11.05%), Selenium: 4.31µg (6.15%), Vitamin C: 3.05mg (3.7%), Vitamin D: 0.5µg (3.36%), Manganese: 0.05mg (2.63%), Magnesium: 9.16mg (2.29%), Phosphorus: 20.39mg (2.04%), Potassium: 69.57mg (1.99%), Vitamin K: 2.06µg (1.96%), Copper: 0.04mg (1.95%), Vitamin E: 0.25mg (1.65%), Zinc: 0.19mg (1.25%)