



Oven Fried Crispy Cornflake Chicken



Dairy Free



Popular

READY IN



85 min.

SERVINGS



6

CALORIES



476 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup flour gluten free for flour (substitute)
- ☐ 0.3 tsp ground pepper (adds spice)
- ☐ 2.5 lbs .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs bone in skinless (8 pieces)
- ☐ 4 cups cornflakes
- ☐ 1 tbsp cornstarch
- ☐ 1 cup flour
- ☐ 0.8 tsp garlic powder
- ☐ 1.3 cup ginger ale

- ☐ 6 servings cornflakes gluten free (I used Erewhon brand)
- ☐ 6 servings salt and pepper

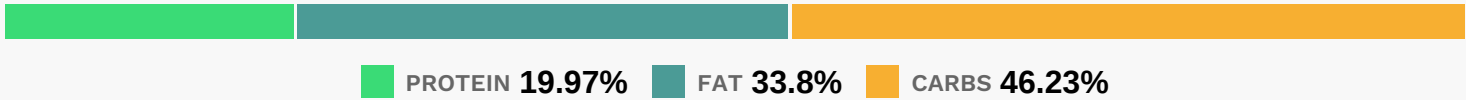
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Save Recipe
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- ☐ Oven Fried Crispy Cornflake Chicken
- ☐ Ingredients2 1/2 lbs chicken legs and thighs, bone in, skin removed (about 8 pieces)1 cup flour1 tbsp cornstarch1 1/4 cup ginger ale or seltzer3/4 tsp garlic powder1/4 tsp cayenne pepper (adds spice)4-5 cups cornflakes Nonstick cooking oil spray
- ☐ Salt and pepper
- ☐ Gluten Free Modification1 cup King Arthur Gluten Free Multi-Purpose Flour (substitute for flour)Gluten Free Cornflakes (I used Erewhon brand)You will also need2 mixing bowls, baking sheet
- ☐ Prep Time: 25 Minutes
- ☐ Cook Time: 60 Minutes
- ☐ Total Time: 1 Hour 25 Minutes
- ☐ Servings: 6 to 8
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:25.74, Inflammation Score:-7, Nutrition Score:19.893913004709%

Nutrients (% of daily need)

Calories: 475.99kcal (23.8%), Fat: 17.68g (27.2%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 54.41g (18.14%), Net Carbohydrates: 52.57g (19.12%), Sugar: 6.28g (6.98%), Cholesterol: 100.19mg (33.4%), Sodium: 426.76mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47.01%), Vitamin B3: 10.91mg (54.55%), Selenium: 35.25µg (50.36%), Iron: 8.21mg (45.59%), Vitamin B1: 0.66mg (43.85%), Vitamin B2: 0.64mg (37.81%), Folate: 147.46µg (36.87%), Vitamin B6: 0.7mg (35.16%), Vitamin B12: 1.54µg (25.61%), Phosphorus: 234.19mg (23.42%), Manganese: 0.35mg (17.28%), Zinc: 2.1mg (14.01%), Vitamin B5: 1.3mg (12.99%), Magnesium: 38.33mg (9.58%), Vitamin A: 466.64IU (9.33%), Potassium: 303.08mg (8.66%), Copper: 0.17mg (8.36%), Fiber: 1.84g (7.35%), Vitamin D: 0.78µg (5.2%), Vitamin C: 4.2mg (5.09%), Vitamin K: 2.66µg (2.54%), Vitamin E: 0.31mg (2.06%), Calcium: 18.92mg (1.89%)