



Oven Fried Lemonade Chicken

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



210 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups cornflakes cereal
- 1 teaspoon thyme leaves dried crushed
- 0.5 teaspoon ground pepper black
- 6 ounce lemonade concentrate frozen thawed canned
- 1 teaspoon salt
- 6 chicken breast halves boneless skinless

Equipment

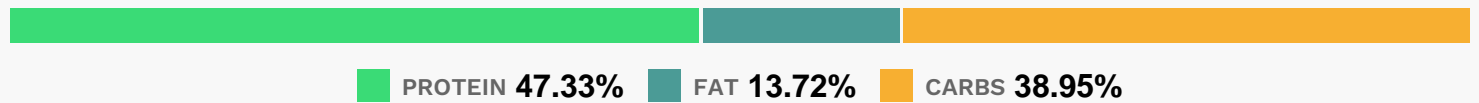
- baking sheet

- oven
- ziploc bags

Directions

- Pour the lemonade concentrate, salt, and pepper into a resealable plastic bag.
- Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 1 hour or overnight.
- Preheat an oven to 350 degrees F (175 degrees C). Spray a baking sheet generously with cooking spray.
- Place the cornflakes in another resealable plastic bag and crush them into fine crumbs.
- Add the thyme, and mix thoroughly.
- Remove the chicken pieces from the marinade, and shake off excess. Discard the remaining marinade.
- Place the chicken pieces into the bag containing the cornflake crumbs and shake to coat well.
- Place the chicken breasts on the prepared baking sheet so they don't touch, and spray each one lightly with cooking spray.
- Bake in the preheated oven for 30 to 45 minutes, until chicken juices run clear, and the top is browned and crunchy.
- Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:13.898695650308%

Nutrients (% of daily need)

Calories: 210.25kcal (10.51%), Fat: 3.17g (4.88%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 19.83g (7.21%), Sugar: 13.28g (14.76%), Cholesterol: 72.32mg (24.11%), Sodium: 571.8mg (24.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Vitamin B3: 13.08mg (65.4%), Selenium: 36.87µg (52.67%), Vitamin B6: 0.98mg (48.94%), Phosphorus: 247.02mg (24.7%), Vitamin B5: 1.66mg (16.61%), Iron: 2.69mg (14.96%), Potassium: 453.92mg (12.97%), Vitamin B2: 0.22mg (12.96%), Vitamin B1: 0.17mg (11.52%), Vitamin

B12: 0.58µg (9.6%), Magnesium: 34.76mg (8.69%), Vitamin C: 6.62mg (8.03%), Folate: 31.98µg (7.99%), Zinc: 0.75mg (5%), Manganese: 0.07mg (3.39%), Vitamin A: 166.16IU (3.32%), Vitamin K: 3.41µg (3.25%), Copper: 0.05mg (2.6%), Vitamin D: 0.37µg (2.43%), Vitamin E: 0.26mg (1.75%), Fiber: 0.42g (1.68%), Calcium: 12.11mg (1.21%)