



Oven-Fried Picnic Chicken

READY IN



60 min.

SERVINGS



8

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup buttermilk
- 1 cup cornflakes
- 2 oz ranch seasoning dry ()
- 1 cup flour all-purpose
- 2.5 lb chicken breast boneless skinless

Equipment

- bowl
- baking sheet

- oven
- ziploc bags
- rolling pin

Directions

- Heat oven to 400F. Spray cookie sheet with cooking spray.
- Pour buttermilk into shallow glass or plastic bowl.
- Add chicken; turn to coat.
- Let stand 5 minutes.
- Meanwhile, in 2-quart resealable food-storage plastic bag, crush cereal with rolling pin.
- Add Bisquick mix and dressing mix (dry) to cereal in bag.
- Remove chicken from buttermilk; discard buttermilk.
- Add chicken to cereal mixture. Seal bag; shake to coat.
- Place chicken on cookie sheet. Spray with cooking spray.
- Bake 45 to 50 minutes or until juice of chicken is clear when center of thickest part is cut (170F).

Nutrition Facts

PROTEIN 52.16% **FAT 16.2%** **CARBS 31.64%**

Properties

Glycemic Index:13.25, Glycemic Load:8.93, Inflammation Score:-4, Nutrition Score:17.351304080175%

Nutrients (% of daily need)

Calories: 263.07kcal (13.15%), Fat: 4.5g (6.92%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 19.24g (7%), Sugar: 1.35g (1.5%), Cholesterol: 92.92mg (30.97%), Sodium: 742.81mg (32.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.22%), Vitamin B3: 16.35mg (81.76%), Selenium: 51.69µg (73.84%), Vitamin B6: 1.14mg (56.92%), Phosphorus: 335.11mg (33.51%), Vitamin B5: 2.17mg (21.72%), Vitamin B2: 0.31mg (18.03%), Vitamin B1: 0.27mg (17.98%), Potassium: 574.06mg (16.4%), Iron: 2.27mg (12.59%), Folate: 47.76µg (11.94%), Magnesium: 43.66mg (10.91%), Vitamin B12: 0.55µg (9.17%), Zinc: 1.04mg (6.95%), Manganese: 0.13mg (6.73%), Copper: 0.07mg (3.64%), Vitamin D: 0.53µg (3.52%), Calcium: 32.61mg (3.26%), Vitamin C: 2.44mg (2.95%), Vitamin A: 138.03IU (2.76%), Fiber: 0.54g (2.15%), Vitamin E: 0.3mg (1.98%)