



Seasoned Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 6 skinned and boned chicken breast halves
- ☐ 2 cups cornflakes cereal crushed
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.4 ounce buttermilk ranch dressing mix

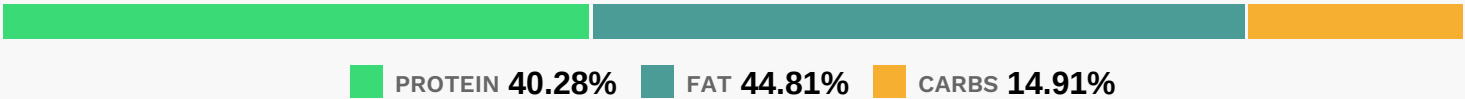
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir first 3 ingredients in a shallow dish. Dip chicken in butter; dredge in cornflake mixture.
- ☐ Place in a greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 30 to 35 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:16.264782404122%

Nutrients (% of daily need)

Calories: 288.02kcal (14.4%), Fat: 14.08g (21.66%), Saturated Fat: 4.17g (26.05%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 10.23g (3.72%), Sugar: 0.9g (0.99%), Cholesterol: 83.19mg (27.73%), Sodium: 648.81mg (28.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.48g (56.95%), Vitamin B3: 13.47mg (67.34%), Selenium: 41.31µg (59.01%), Vitamin B6: 1.02mg (51.22%), Phosphorus: 328.25mg (32.82%), Vitamin B2: 0.3mg (17.73%), Iron: 3.17mg (17.62%), Vitamin B5: 1.68mg (16.8%), Vitamin B12: 0.87µg (14.51%), Vitamin B1: 0.2mg (13.45%), Potassium: 460.75mg (13.16%), Vitamin A: 647.04IU (12.94%), Calcium: 119.45mg (11.95%), Folate: 38.68µg (9.67%), Magnesium: 37.68mg (9.42%), Zinc: 1.29mg (8.6%), Vitamin C: 3.33mg (4.04%), Vitamin E: 0.58mg (3.89%), Vitamin D: 0.51µg (3.41%), Copper: 0.05mg (2.7%), Manganese: 0.04mg (2.16%), Fiber: 0.31g (1.23%)