



Unfried" Chicken

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 pieces meat from a rotisserie chicken bone-in skinless such as breasts, thighs and legs,
- 1 cup coarsely corn flakes crushed
- 1 egg white
- 1 Tbsp flour
- 1 tsp lawry's seasoned salt
- 1 Tbsp water

Equipment

- bowl

baking sheet

oven

Directions

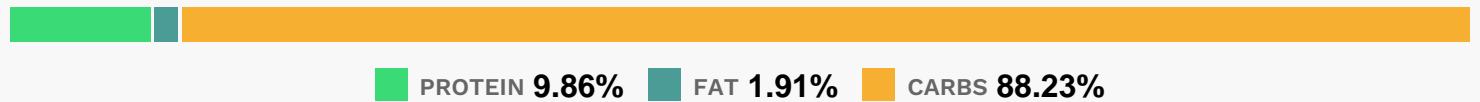
Preheat oven to 400F.

Combine cereal, flour and seasoned salt in shallow dish or pie plate. Beat egg white with water in separate shallow bowl. Dip meaty side of each chicken piece in egg white mixture, then in cereal mixture.

Place chicken, coated sides up, on baking sheet; spray lightly with cooking spray.

Bake 40 min. or until chicken is golden brown and cooked through (180F).

Nutrition Facts



Properties

Glycemic Index:1.36, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.6408695623117%

Nutrients (% of daily need)

Calories: 16.37kcal (0.82%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.58g (1.3%), Sugar: 0.41g (0.46%), Cholesterol: 0.08mg (0.03%), Sodium: 74.64mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Iron: 1.25mg (6.95%), Vitamin B2: 0.07mg (4.03%), Vitamin B3: 0.79mg (3.93%), Vitamin B1: 0.06mg (3.92%), Folate: 15.63µg (3.91%), Vitamin B6: 0.08mg (3.87%), Vitamin B12: 0.22µg (3.6%), Vitamin A: 76.98IU (1.54%), Vitamin C: 0.91mg (1.1%), Vitamin D: 0.16µg (1.03%)