Recipe for CORNFLAKE CRUSTED BAKED CHICKEN

EQUIPMENT NEEDED baking sheet, optional: shallow bowl

SERVES 4 ESTIMATED COST $8.20 COST PER SERVING $2.05

INGREDIENTS

- 1 lb boneless skinless chicken breasts
- 1 tbsp butter, melted
- 1 tsp salt
- 1 tsp onion powder
- ground black pepper, to taste
- 1 cup corn flakes, crushed

METHOD OF PREPARATION

1. Pre-heat oven to 350°F. Line a baking sheet with parchment paper.
2. Brush chicken with butter and season with salt, onion powder, and pepper.
3. Roll chicken in corn flakes and place on baking sheet.
4. Bake for 30-45 minutes or until internal temperate reaches 165°F. The thicker the cut the longer it will take to bake.
5. Serve with your favorite sauce. Enjoy!

Maryland University of Integrative Health

7750 Montpelier Rd.
Laurel, MD 20723
410-888-9048 I outreach@muih.edu
www.muih.edu

Recipe for

CORNFLAKE CRUSTED BAKED CHICKEN

NUTRITION INFORMATION

Cornflake Crusted Baked Chicken

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	169.8 kcal	8 %
Total Fat	4.2 g	6 %
Saturated Fat	1.8 g	9 %
Trans Fat	0.1 g	
Cholesterol	82.7 mg	28 %
Sodium	943.9 mg	39 %
Total Carbohydrate	6.6 g	2 %
Dietary Fiber	0.3 g	1 %
Sugars	0.7 g	
Protein	24.8 g	50 %
Vitamin A	2 % • Vitamin C	0 %
Calcium	1 % • Iron	13 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Chicken – rich source of protein which helps to make us feel full for longer. The amino acid tryptophan found in chicken may help to boost serotonin levels.



HEALTH BENEFITS

Butter – contains vitamin D and calcium, both of which are important for bone growth and strength. Make sure to use sparingly as it does contain a high amount of saturated fats.



References:

1.Recipe provided by Reanetta Perkins

Maryland University of Integrative Health

7750 Montpelier Rd.
Laurel, MD 20723
410-888-9048 I outreach@muih.edu
www.muih.edu