



## Oven “Fried” Chicken

### Ingredients

- 1 1/4 pounds chicken breasts, cut into four pieces
- 2 egg whites
- 2 cups crushed cornflakes
- 2 tsp paprika
- 2 tsp dried mixed herbs

### Preparation

Preheat oven to 425 degrees.

Place egg whites in a shallow bowl, and crushed cornflake crumbs, paprika and mixed herbs in another shallow bowl. Dip chicken into egg whites, then into cornflake crumbs.

Place dipped chicken on a baking tray coated with nonstick cooking spray. Cook for 20-25 minutes, turning the chicken halfway through.

**Serves 4**

### Nutrition Facts (per serving)

<b>Calories</b>	<b>207</b>
<b>Fat (g)</b>	<b>1.9</b>
<b>Saturated Fat (g)</b>	<b>0.5</b>
<b>Cholesterol (mg)</b>	<b>82</b>
<b>Sodium (mg)</b>	<b>269</b>
<b>Carbohydrate (g)</b>	<b>12</b>
<b>Fiber (g)</b>	<b>0.4</b>
<b>Protein (g)</b>	<b>35</b>
<b>Calcium (mg)</b>	<b>-</b>

