



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Oven Fried Chicken\*

- 2 cups cornflakes or ½ cup dry bread crumbs
- 1 egg
- 1 cup lowfat milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 ½ to 3 pound broiler/fryer chicken, cut up, skin removed

1. Crush cornflakes to make 1 cup crumbs; set aside.
2. Beat egg in medium bowl. Add milk, salt, and pepper. Mix.
3. Rinse chicken pieces; pat dry. Dip in milk and egg mixture.
4. Roll chicken in crumbs to coat.
5. Lightly grease a shallow baking dish with nonstick spray or oil.
6. Arrange chicken in pan, meat side up, so pieces don't touch.
7. Bake at 350° F for 50 to 60 minutes. Turn after 40 minutes. Chicken is done when it is easily pierced with a fork. Season to taste. Makes 6 servings.

### Nutrition Facts

Serving Size: 1 piece (248g)

Servings: 6

Amount Per Serving

Calories 320      Calories from Fat 120

% Daily Value\*

**Total Fat** 12g      **19%**

Saturated Fat 3.5g      **17%**

Trans Fat 0g

**Cholesterol** 190mg      **63%**

**Sodium** 450mg      **19%**

**Total Carbohydrate** 10g      **3%**

Dietary Fiber 0g      **1%**

Sugars 3g

**Protein** 40g

Vitamin A 10%      ■ Vitamin C 4%

Calcium 8%      ■ Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.