

# Oven-Fried Chicken Elegant

Rosemary Corcoran

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 6

*1/3 cup corn flakes, crushed*  
*2 teaspoons salt*  
*2 teaspoons paprika*  
*3/4 teaspoon dried dill weed*  
*2 teaspoons chopped fresh thyme leaves OR 1/4 teaspoon dried thyme, crumbled*  
*6 chicken breasts, split in half*  
*2 tablespoons butter*  
*2 tablespoons vegetable oil*  
*3/4 cup Riesling or Chenin Blanc wine*

Preheat the oven to 350 degrees.

In a medium-sized plastic bag, combine the corn flakes, salt, paprika, dill weed and thyme. Add the chicken, one breast at a time. Toss until well coated.

In a saucepan, melt the butter with the oil. Place in a 13x9x2-inch glass baking dish. Arrange the seasoned chicken, skin side down in a single layer.

Bake, uncovered, for 30 minutes.

Turn the chicken. Add the wine. Continue baking for 25 to 30 minutes or until the chicken is tender.

Serve warm or cold.

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Per Serving (excluding unknown items): 581 Calories; 35g Fat (55.9% calories from fat); 61g Protein; 2g Carbohydrate; trace Dietary Fiber; 196mg Cholesterol; 949mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	581	<b>Vitamin B6 (mg):</b>	1.6mg
<b>% Calories from Fat:</b>	55.9%	<b>Vitamin B12 (mcg):</b>	1.0mcg
<b>% Calories from Carbohydrates:</b>	1.3%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	42.8%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	35g	<b>Folacin (mcg):</b>	18mcg

**Saturated Fat (g):** 11g  
**Monounsaturated Fat (g):** 15g  
**Polyunsaturated Fat (g):** 7g  
**Cholesterol (mg):** 196mg  
**Carbohydrate (g):** 2g  
**Dietary Fiber (g):** trace  
**Protein (g):** 61g  
**Sodium (mg):** 949mg  
**Potassium (mg):** 663mg  
**Calcium (mg):** 41mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 896IU  
**Vitamin A (r.e.):** 164RE

**Niacin (mg):** 29mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 8 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 581 **Calories from Fat:** 325

#### % Daily Values\*

<b>Total Fat</b>	35g	54%
Saturated Fat	11g	53%
<b>Cholesterol</b>	196mg	65%
<b>Sodium</b>	949mg	40%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	61g	
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<b>Vitamin A</b>		18%
<b>Vitamin C</b>		7%
<b>Calcium</b>		4%
<b>Iron</b>		16%

\* Percent Daily Values are based on a 2000 calorie diet.