

Grandma Pat's Oven-Fried Cornflake Chicken

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/wildtree-italian-dressing-and-chicken-recipe>

Ingredients:

- 3 chicken breasts tenders large
- 1 cup Italian dressing preferably low-fat
- 1 tablespoon garlic salt
- 3 cups corn flakes crushed

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 24 grams
3. Fat: 16 grams
4. Protein: 2 grams
5. SaturatedFat: 2.5 grams
6. Sodium: 960 milligrams
7. Sugar: 6 grams

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