



Baked Crispy Potato Chicken

READY IN



170 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 cup buttermilk
- 1 eggs
- 1 tablespoon flour all-purpose
- 2 cloves garlic crushed
- 1 tablespoon garlic powder
- 1 teaspoon ground pepper black
- 1 tablespoon paprika
- 1 tablespoon parmesan cheese grated

- 1 cup potato flakes dry instant mashed
- 0.5 teaspoon salt
- 3 chicken breast halves boneless skinless cut into chunks
- 2 tablespoons water

Equipment

- bowl
- oven
- whisk
- wire rack
- roasting pan
- ziploc bags

Directions

- Place chicken pieces, buttermilk, bay leaves, garlic, salt, and black pepper into a large resealable plastic bag and knead bag several times to mix buttermilk and seasonings with chicken. Squeeze air from the bag, seal, and refrigerate at least 2 hours (up to overnight) to marinate.
- Preheat oven to 375 degrees F (190 degrees C).
- Place a wire cooking rack into a roasting pan.
- Drain marinade from bag and discard bay leaves.
- Mix Parmesan cheese, flour, garlic powder, paprika, and cayenne pepper in a small bowl.
- Add Parmesan cheese mixture to chicken in the bag, close the bag, and shake to thoroughly coat chicken pieces with the mixture.
- Whisk egg and water in a shallow bowl.
- Place potato flakes into a separate shallow bowl. Dip floured chicken pieces in egg mixture; roll pieces in potato flakes to thoroughly coat. Arrange the chicken pieces on wire rack.
- Bake chicken for 15 minutes and turn pieces over on rack; continue baking until chicken is no longer pink inside and coating is browned and crisp, 15 to 20 more minutes.

Nutrition Facts

PROTEIN 41.68% FAT 23.3% CARBS 35.02%

Properties

Glycemic Index:47, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:16.639130602712%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 230.01kcal (11.5%), Fat: 5.93g (9.12%), Saturated Fat: 2.24g (14%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.03g (6.56%), Sugar: 3.73g (4.14%), Cholesterol: 102.85mg (34.28%), Sodium: 508.26mg (22.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Selenium: 36.63µg (52.33%), Vitamin B3: 10.16mg (50.81%), Vitamin B6: 0.88mg (44.05%), Phosphorus: 301.05mg (30.1%), Vitamin A: 1065.74IU (21.31%), Vitamin B5: 2mg (20.03%), Potassium: 655.64mg (18.73%), Vitamin B1: 0.27mg (17.87%), Vitamin B2: 0.3mg (17.38%), Vitamin C: 13.71mg (16.62%), Magnesium: 46.16mg (11.54%), Calcium: 106.33mg (10.63%), Manganese: 0.2mg (9.97%), Vitamin B12: 0.56µg (9.34%), Fiber: 2.01g (8.04%), Zinc: 1.2mg (7.98%), Iron: 1.39mg (7.72%), Vitamin D: 1.09µg (7.27%), Folate: 24.03µg (6.01%), Vitamin E: 0.86mg (5.73%), Copper: 0.11mg (5.46%), Vitamin K: 3.97µg (3.78%)