



Baked Crusty Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs dried
- 2 tablespoons butter divided
- 1 chicken cut into pieces
- 1 teaspoon basil dried
- 0.3 cup flour divided
- 1 tablespoon parsley fresh chopped
- 0.3 teaspoon pepper black
- 1 juice of lemon

- 0.5 teaspoon paprika
- 0.5 teaspoon salt
- 0.5 teaspoon vegetable oil

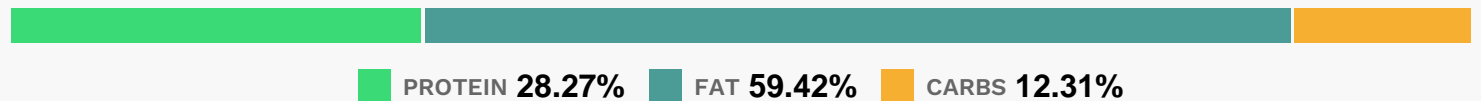
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350
- Combine bread crumbs, flour, parsley, basil, salt, paprika and pepper in small brown paper bag; seal and shake to mix.
- Combine lemon juice, butter and oil in large bowl.
- Add the chicken, turning the pieces to coat. Working with a few pieces at a time, shake the chicken in crumb mixture in the bag to coat evenly; place the pieces on 15x10x1" baking pan.
- Bake in 350 oven for 45 minutes or until the chicken meat is no longer pink near the bone. Increase the oven NOTES : For a quick sauce, combine equal parts mustard and horseradish; serve chicken with buttered noodles tossed with pepper and zucchini strips.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:2.9, Inflammation Score:-5, Nutrition Score:12.02652173913%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 10.75%, Saltiness: 100%, Sourness: 19.82%, Bitterness: 21.06%, Savoriness: 69.94%, Fattiness: 61.91%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 366.75kcal (18.34%), Fat: 23.83g (36.66%), Saturated Fat: 6.44g (40.23%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.38g (3.77%), Sugar: 0.72g (0.8%), Cholesterol: 95.22mg (31.74%), Sodium: 393.33mg (17.1%), Protein: 25.5g (51.01%), Vitamin B3: 9.58mg (47.9%), Selenium: 22.34µg (31.92%), Vitamin B6: 0.47mg (23.35%), Phosphorus: 210.08mg (21.01%), Vitamin K: 17.26µg (16.44%), Vitamin B1: 0.21mg (13.81%), Vitamin B2: 0.22mg (13.04%), Vitamin B5: 1.25mg (12.48%), Zinc: 1.86mg (12.4%), Iron: 2.06mg (11.44%), Vitamin A: 484.92IU (9.7%), Manganese: 0.17mg (8.71%), Magnesium: 32.81mg (8.2%), Potassium: 283.3mg (8.09%), Folate: 29.45µg (7.36%), Vitamin B12: 0.43µg (7.16%), Vitamin C: 4.87mg (5.9%), Copper: 0.1mg (4.96%), Vitamin E: 0.65mg (4.31%), Calcium: 38.44mg (3.84%), Fiber: 0.72g (2.9%), Vitamin D: 0.25µg (1.69%)