



Baked Spicy Chicken

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



1523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup tortilla chips crushed
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper red (cayenne)
- 1 eggs

- 2 tablespoons milk
- 3 lb irish oats whole skinless
- 2 tablespoons butter melted

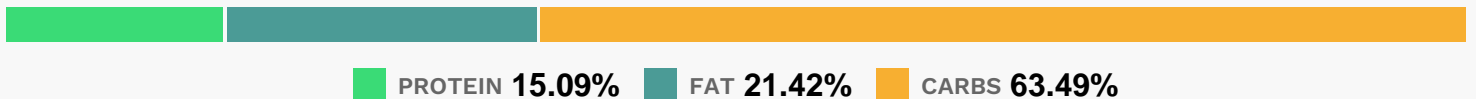
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Line 15x10x1-inch pan with foil; spray foil with cooking spray. In shallow bowl, mix crushed chips, oregano, paprika, thyme, seasoned salt, garlic powder and red pepper. In another shallow bowl, beat egg and milk.
- Coat chicken pieces lightly with egg mixture, then coat lightly with crumb mixture.
- Place in pan, skin sides up.
- Sprinkle with any remaining crumb mixture.
- Drizzle with melted butter.
- Bake uncovered 50 to 60 minutes or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs).

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:106.83, Inflammation Score:-8, Nutrition Score:13.243913106296%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 1523.42kcal (76.17%), Fat: 36.8g (56.61%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 245.4g (81.8%), Net Carbohydrates: 205.95g (74.89%), Sugar: 0.72g (0.79%), Cholesterol: 41.82mg (13.94%), Sodium: 470.1mg (20.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.34g (116.69%), Fiber: 39.45g (157.79%), Iron: 15.07mg (83.72%), Calcium: 228.71mg (22.87%), Vitamin A: 641.47IU (12.83%), Vitamin E: 1.63mg (10.84%), Phosphorus: 99.37mg (9.94%), Vitamin K: 9.68µg (9.21%), Magnesium: 29.56mg (7.39%), Selenium: 4.9µg (6.99%), Vitamin B5: 0.56mg (5.63%), Vitamin B2: 0.09mg (5.57%), Vitamin B6: 0.1mg (4.92%), Zinc: 0.62mg (4.12%), Vitamin B1: 0.05mg (3.56%), Potassium: 105.73mg (3.02%), Folate: 10.45µg (2.61%), Vitamin B12: 0.15µg (2.42%), Copper: 0.05mg (2.28%), Manganese: 0.05mg (2.28%), Vitamin D: 0.3µg (2.02%), Vitamin B3: 0.35mg (1.75%)