



Baked Spicy Chicken

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3 lb chicken whole skinless
- ☐ 1 eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons milk
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika

- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup tortilla chips crushed

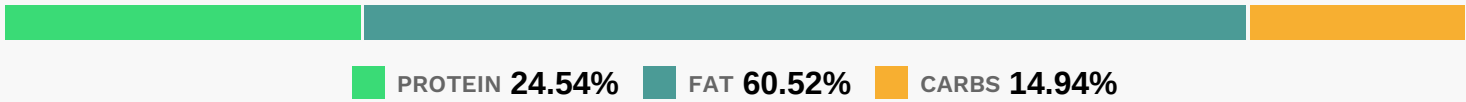
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400F. 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 (170F for breasts; 180F for thighs and legs).

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:15.876087043596%

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: 561.35kcal (28.07%), Fat: 37.58g (57.81%), Saturated Fat: 9.52g (59.52%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 18.84g (6.85%), Sugar: 0.72g (0.79%), Cholesterol: 164.29mg (54.76%), Sodium: 584.41mg (25.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.28g (68.57%), Vitamin B3: 11.45mg (57.27%), Selenium: 28.41µg (40.58%), Phosphorus: 339.41mg (33.94%), Vitamin B6: 0.67mg (33.49%), Vitamin B5: 2.05mg (20.49%), Zinc: 2.76mg (18.38%), Vitamin A: 870.08IU (17.4%), Vitamin B2: 0.29mg (17.1%), Magnesium: 62.22mg (15.56%), Vitamin E: 2.12mg (14.11%), Iron: 2.46mg (13.64%), Potassium: 414.36mg (11.84%), Vitamin K: 12.12µg (11.55%), Vitamin B12: 0.65µg (10.86%), Vitamin B1: 0.15mg (10.09%), Fiber: 2.03g (8.1%), Calcium: 76.58mg (7.66%), Copper: 0.12mg (6.2%), Folate: 20.25µg (5.06%), Vitamin D: 0.63µg (4.19%), Manganese: 0.08mg (3.83%), Vitamin C: 3.14mg (3.81%)