

 **58%**  
HEALTH SCORE

## Buttermilk Baked Chicken

 **Gluten Free**  **Popular**

READY IN



**780 min.**

SERVINGS



**4**

CALORIES



**939 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups buttermilk
- 3 pound meat from a rotisserie chicken dry rinsed cut into 8 pieces, and patted
- 2 cups corn flakes crushed
- 2 teaspoons thyme leaves fresh chopped
- 5 sprigs thyme leaves fresh
- 3 cloves garlic smashed
- 1 tablespoon hot sauce
- 0.5 juice of lemon

- 4 servings kosher salt and pepper black freshly ground
- 0.8 cup parmesan cheese grated
- 0.5 onion yellow sliced

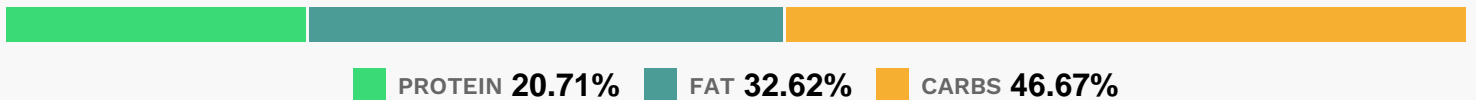
## Equipment

- bowl
- oven
- wire rack
- plastic wrap

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F. Fit a sheet tray with a wire rack and spray with nonstick cooking spray.
- Mix together buttermilk, lemon juice, hot sauce, onion, thyme, garlic, salt, and pepper to a large bowl.
- Add chicken and coat with mixture. Cover with plastic wrap and place in the refrigerator for 3 hours or up 12 hours.
- Mix corn flakes, Parmesan cheese, and thyme together. Season with salt and pepper.
- Remove chicken from the marinade, letting the excess drip off, and dredge through the corn flake-Parmesan mixture, pressing to help it adhere.
- Place on the wire rack-fitted sheet tray and bake for 45 minutes until golden and crisp.

## Nutrition Facts



## Properties

Glycemic Index:52.5, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:50.68391322053%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## Nutrients (% of daily need)

Calories: 939.29kcal (46.96%), Fat: 34.37g (52.88%), Saturated Fat: 12.38g (77.4%), Carbohydrates: 110.63g (36.87%), Net Carbohydrates: 106.08g (38.57%), Sugar: 17.85g (19.83%), Cholesterol: 151.98mg (50.66%), Sodium: 1517.88mg (65.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.11g (98.21%), Iron: 36.26mg (201.47%), Vitamin B3: 32.49mg (162.44%), Vitamin B6: 2.81mg (140.34%), Vitamin B2: 2.29mg (134.43%), Vitamin B12: 7.23µg (120.43%), Vitamin B1: 1.76mg (117.24%), Folate: 443.89µg (110.97%), Selenium: 44.73µg (63.9%), Phosphorus: 592.21mg (59.22%), Vitamin A: 2814.94IU (56.3%), Vitamin C: 36.66mg (44.43%), Vitamin D: 6.24µg (41.59%), Calcium: 344.9mg (34.49%), Zinc: 4.69mg (31.25%), Magnesium: 103.45mg (25.86%), Vitamin B5: 2.32mg (23.23%), Potassium: 756.53mg (21.62%), Copper: 0.38mg (18.88%), Fiber: 4.55g (18.18%), Manganese: 0.36mg (17.97%), Vitamin E: 0.83mg (5.51%), Vitamin K: 3.46µg (3.3%)