



Buttermilk-Baked Chicken Recipe

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 cups buttermilk
- 2 tablespoons canola oil
- 1 teaspoon coarse salt plus more for seasoning
- 1 tablespoon dijon mustard
- 5 garlic clove smashed
- 1 tablespoon hot sauce such as tabasco
- 1 onion coarsely chopped
- 2 cups panko bread crumbs (japanese-style)

- 2 teaspoons paprika
- 24 ounce chicken breast halves boneless skinless

Equipment

- frying pan
- oven
- whisk
- mixing bowl

Directions

- To prepare the marinade, in a large mixing bowl whisk the buttermilk, mustard, hot sauce, paprika, salt, onion and garlic together to combine.
- Put the chicken in a plastic storage bag, add the buttermilk mixture and smoosh the chicken around to thoroughly coat in the marinade. Press out the air, seal the bag and marinate the chicken in the refrigerator for at least 24 hours, preferably up to 2 days. When ready to cook the chicken, preheat the oven to 400 degrees F.
- Remove the chicken from the marinade, wiping off any excess buttermilk, and discard. Season both sides of the chicken breasts lightly with salt and pepper.
- Spread the breadcrumbs out on a flat plate. Press the chicken breasts into the breadcrumbs to completely coat all sides, shaking off the excess. Put a cast-iron or ovenproof skillet over medium-high heat. Coat the pan with 2 tablespoons of oil. Once the oil is shimmering, lay the chicken in the pan – you may have to do this in batches. Sear for 3 minutes on each side. Nestle the seared chicken breasts side by side in the skillet.
- Transfer the skillet (and chicken) to the oven and bake for roughly 20 to 25 minutes, or until the chicken is cooked through and the crust is golden. Try out these fried chicken recipes on Food Republic: [Fried Yardbird Recipe](#)
- [Union Square Café Fried Chicken Recipe](#)
- [Hot Bird! Mexican Fried Chicken Recipe](#)

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:27.96695663618%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 470.99kcal (23.55%), Fat: 17.28g (26.59%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 29.68g (10.79%), Sugar: 9.12g (10.13%), Cholesterol: 122.06mg (40.69%), Sodium: 1253.87mg (54.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.84g (89.67%), Vitamin B3: 20.03mg (100.14%), Selenium: 68.45µg (97.78%), Vitamin B6: 1.46mg (73.12%), Phosphorus: 530.12mg (53.01%), Vitamin B1: 0.49mg (32.48%), Vitamin B5: 3.14mg (31.43%), Vitamin B2: 0.53mg (30.97%), Potassium: 939.9mg (26.85%), Manganese: 0.45mg (22.58%), Calcium: 220.23mg (22.02%), Magnesium: 76.74mg (19.19%), Vitamin B12: 1µg (16.62%), Vitamin A: 750.93IU (15.02%), Iron: 2.54mg (14.1%), Zinc: 2.04mg (13.61%), Vitamin E: 1.97mg (13.16%), Folate: 51.21µg (12.8%), Vitamin D: 1.73µg (11.53%), Fiber: 2.44g (9.77%), Copper: 0.19mg (9.35%), Vitamin C: 7.7mg (9.33%), Vitamin K: 8.95µg (8.52%)