



Buttermilk-Battered Oven-Fried Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce skinned chicken thighs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1.5 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4.3 ounce saltines crushed (41 crackers)
- ☐ 18 ounce skinned bone-in

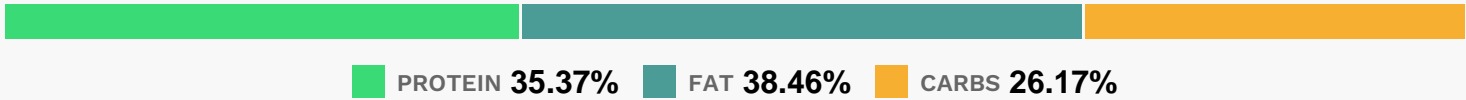
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Place flour in a large heavy-duty, zip-top plastic bag; add 1 1/2 teaspoons paprika mixture. Toss until thoroughly combined.
- ☐ Place cracker crumbs in a shallow dish; add remaining paprika mixture. Stir until well blended.
- ☐ Pour buttermilk into a small bowl.
- ☐ Add chicken, 2 pieces at a time, to flour mixture; seal bag, and shake to coat chicken.
- ☐ Remove chicken from bag; dip in buttermilk. Dredge chicken in crumb mixture.
- ☐ Place on a baking sheet coated with cooking spray. Repeat procedure with remaining chicken and flour mixture.
- ☐ Lightly coat chicken with cooking spray.
- ☐ Bake at 425 for 23 to 25 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:5.79, Inflammation Score:-5, Nutrition Score:17.882608589919%

Nutrients (% of daily need)

Calories: 385.67kcal (19.28%), Fat: 16.12g (24.8%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 23.59g (8.58%), Sugar: 1.31g (1.45%), Cholesterol: 124.69mg (41.56%), Sodium: 762.33mg (33.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.71%), Vitamin B3: 14.15mg (70.76%),

Selenium: 46.59µg (66.56%), Vitamin B6: 0.92mg (46.21%), Phosphorus: 343.22mg (34.32%), Vitamin B1: 0.34mg (22.73%), Vitamin B2: 0.37mg (21.57%), Vitamin B5: 2.15mg (21.46%), Potassium: 548.88mg (15.68%), Manganese: 0.3mg (14.92%), Iron: 2.55mg (14.19%), Folate: 53.21µg (13.3%), Magnesium: 46.12mg (11.53%), Vitamin B12: 0.69µg (11.43%), Zinc: 1.71mg (11.39%), Vitamin K: 7.55µg (7.19%), Vitamin A: 337.58IU (6.75%), Copper: 0.11mg (5.6%), Vitamin E: 0.71mg (4.73%), Fiber: 1.09g (4.36%), Calcium: 40.87mg (4.09%), Vitamin C: 1.23mg (1.49%), Vitamin D: 0.16µg (1.04%)