



Buttermilk Chicken with Crispy Cornflakes

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 buttermilk
- ☐ 4 chicken legs separated
- ☐ 1.5 cups cornflakes crushed
- ☐ 3 garlic smashed
- ☐ 4 servings kosher salt
- ☐ 0.3 cup parsley chopped
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings all the tabasco sauce you handle
- ☐ 3 tablespoons butter unsalted melted

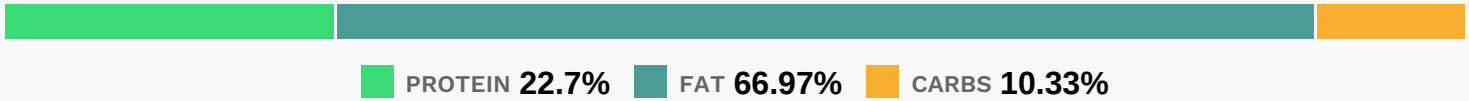
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ tongs

Directions

- ☐ In a large bowl, combine the buttermilk, garlic and 2 tablespoons of salt. With a sharp knife, make shallow, 1-inch-long slashes in the chicken. Rub generously with Tabasco sauce and add to the buttermilk; turn to coat. Cover and refrigerate overnight. Light a grill.
- ☐ Remove the chicken from the marinade and grill over moderate heat, turning often, until the skin is browned and charred in spots and the meat is cooked through, about 30 minutes.
- ☐ In a shallow dish, toss the cornflakes with the parsley and season with salt and pepper.
- ☐ Brush the chicken with the butter. Using tongs, roll the chicken in the cornflake mixture.
- ☐ Transfer to a platter and serve, passing Tabasco sauce at the table.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:16.490000030269%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 393.56kcal (19.68%), Fat: 29.16g (44.86%), Saturated Fat: 11.04g (69.02%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.57g (3.48%), Sugar: 1.07g (1.19%), Cholesterol: 142.41mg (47.47%), Sodium: 385.11mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Vitamin K: 65.4µg (62.29%), Vitamin B3: 8.05mg (40.24%), Selenium: 24.5µg (35%), Vitamin B6: 0.63mg (31.49%), Iron: 4.21mg (23.38%), Phosphorus:

218.9mg (21.89%), Vitamin B12: 1.27µg (21.09%), Vitamin B2: 0.35mg (20.69%), Vitamin A: 885.66IU (17.71%), Vitamin B1: 0.24mg (16.22%), Zinc: 2.08mg (13.85%), Vitamin B5: 1.35mg (13.47%), Folate: 48.76µg (12.19%), Vitamin C: 8.23mg (9.97%), Potassium: 313.31mg (8.95%), Magnesium: 31.42mg (7.86%), Copper: 0.11mg (5.3%), Manganese: 0.1mg (4.78%), Vitamin D: 0.67µg (4.45%), Vitamin E: 0.57mg (3.81%), Calcium: 24.74mg (2.47%), Fiber: 0.54g (2.17%)