



Cajun Oven-Fried Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cajun spice salt-free (such as Spice Hunter)
- 1 pound chicken breast halves
- 0.5 pound skin-on chicken drumsticks
- 0.5 pound strips.
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- 0.3 cup buttermilk low-fat
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.5 teaspoon salt

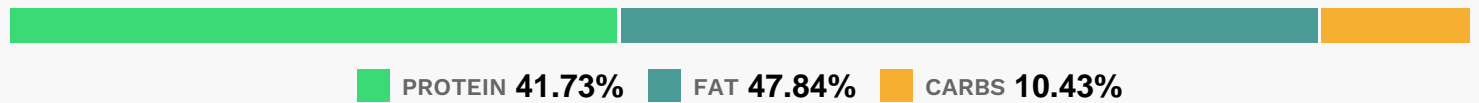
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 40
- Combine first 3 ingredients in a shallow dish.
- Place panko in a shallow dish. Dip chicken, one piece at a time, into buttermilk mixture; dredge in panko.
- Place chicken on a baking sheet lined with parchment paper. Lightly coat chicken with cooking spray.
- Bake at 400 for 40 minutes or until done, turning after 20 minutes.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:25.107825885648%

Nutrients (% of daily need)

Calories: 510.2kcal (25.51%), Fat: 26.54g (40.82%), Saturated Fat: 7g (43.76%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 11.74g (4.27%), Sugar: 2.07g (2.3%), Cholesterol: 219.45mg (73.15%), Sodium: 689.64mg (29.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.08g (104.17%), Vitamin B3: 20.11mg (100.57%), Selenium: 69.15µg (98.79%), Vitamin B6: 1.43mg (71.34%), Phosphorus: 528.41mg (52.84%), Vitamin B5: 3.34mg (33.43%), Vitamin B2: 0.44mg (25.84%), Potassium: 836.31mg (23.89%), Vitamin B1: 0.34mg (22.99%), Zinc: 3.18mg (21.22%), Vitamin B12: 1.26µg (20.97%), Vitamin A: 1011.29IU (20.23%), Magnesium: 70.4mg (17.6%), Iron: 2.53mg (14.03%), Manganese: 0.21mg (10.42%), Copper: 0.16mg (8.24%), Calcium: 73.38mg (7.34%), Vitamin E: 1.06mg (7.05%), Folate: 26.99µg (6.75%), Vitamin K: 5.97µg (5.69%), Fiber: 1.29g (5.14%), Vitamin C: 1.58mg (1.91%), Vitamin D: 0.26µg (1.77%)