



Cajun Oven-Fried Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



386 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 chicken thighs
- ☐ 0.3 cup buttermilk low-fat
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon salt

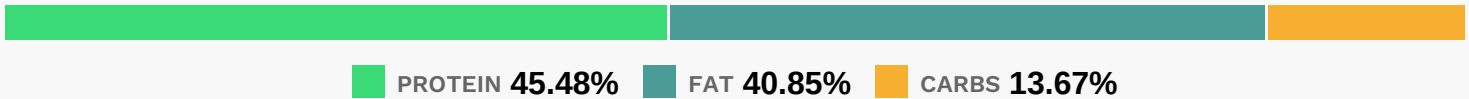
Equipment

- ☐ 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:21.443478366603%

Nutrients (% of daily need)

Calories: 386.03kcal (19.3%), Fat: 17.12g (26.34%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 11.6g (4.22%), Sugar: 2.07g (2.3%), Cholesterol: 163.89mg (54.63%), Sodium: 645.98mg (28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.88g (85.75%), Vitamin B3: 17.48mg (87.4%), Selenium: 58.55µg (83.64%), Vitamin B6: 1.23mg (61.62%), Phosphorus: 438.83mg (43.88%), Vitamin B5: 2.77mg (27.67%), Vitamin B2: 0.36mg (21.44%), Potassium: 720.08mg (20.57%), Vitamin B1: 0.3mg (20.2%), Vitamin A: 967.06IU (19.34%), Zinc: 2.47mg (16.49%), Vitamin B12: 0.9µg (14.92%), Magnesium: 59.63mg (14.91%), Iron: 2.15mg (11.92%), Manganese: 0.2mg (9.97%), Calcium: 68.84mg (6.88%), Copper: 0.14mg (6.79%), Folate: 25.28µg (6.32%), Vitamin E: 0.94mg (6.25%), Fiber: 1.29g (5.14%), Vitamin K: 4.78µg (4.55%), Vitamin C: 1.58mg (1.91%), Vitamin D: 0.21µg (1.39%)