



## Cornbread Crusted Chicken

READY IN



110 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups buttermilk
- 2 oz ranch seasoning
- 3 lb chicken whole
- 1 serving pam original flavor shopping list
- 6.5 oz just-add-water cornbread mix
- 1 teaspoon paprika
- 1 teaspoon pepper
- 0.5 teaspoon lawry's seasoned salt
- 0.1 teaspoon ground pepper red (cayenne)

- 1 serving parsley fresh for garnish, if desired

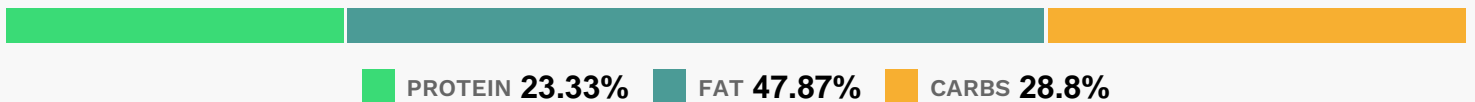
## Equipment

- frying pan
- oven
- ziploc bags

## Directions

- In large resealable food-storage plastic bag, mix buttermilk, dressing mix and chicken. Seal bag; turn bag several times to coat chicken. Refrigerate at least 1 hour or overnight.
- Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. In shallow dish, mix breading ingredients.
- Remove chicken pieces one at a time from buttermilk mixture. Dip chicken in breading, turning to coat completely; shake off excess.
- Place chicken, bone side down, in pan. Lightly spray top of chicken with cooking spray.
- Bake 35 to 40 minutes or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and drumsticks).
- Garnish with parsley sprigs.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:21.289565355881%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## Nutrients (% of daily need)

Calories: 660.87kcal (33.04%), Fat: 34.3g (52.77%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 43.1g (15.67%), Sugar: 15.3g (17%), Cholesterol: 136.59mg (45.53%), Sodium: 1971.51mg

(85.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.22%), Vitamin B3: 12.83mg (64.14%), Phosphorus: 570.44mg (57.04%), Selenium: 30.6µg (43.71%), Vitamin B6: 0.69mg (34.41%), Vitamin B2: 0.54mg (31.54%), Vitamin B1: 0.35mg (23.62%), Vitamin B5: 2.19mg (21.87%), Vitamin K: 22.78µg (21.7%), Zinc: 2.9mg (19.32%), Calcium: 187.23mg (18.72%), Vitamin B12: 1.1µg (18.33%), Vitamin A: 838.84IU (16.78%), Iron: 2.88mg (16.01%), Potassium: 547.58mg (15.65%), Folate: 60.56µg (15.14%), Magnesium: 58.06mg (14.52%), Fiber: 3.35g (13.38%), Manganese: 0.26mg (12.81%), Vitamin D: 1.89µg (12.58%), Copper: 0.16mg (7.99%), Vitamin E: 0.82mg (5.5%), Vitamin C: 4.04mg (4.9%)