



Cornmeal Oven-Fried Chicken

READY IN



60 min.

SERVINGS



6

CALORIES



2186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup breadcrumbs dry
- 0.5 cup cornmeal
- 0.3 cup parmesan cheese grated
- 0.3 cup parsley dried fresh minced
- 0.8 teaspoon garlic powder
- 0.5 teaspoon salt
- 0.5 teaspoon onion powder
- 0.5 teaspoon thyme dried
- 0.5 teaspoon pepper

- 0.5 cup buttermilk
- 3 pounds cooking fat skinless
- 1 tablespoon butter melted

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- baking pan

Directions

- Preheat the oven to 375°F. In a large shallow dish, combine the bread crumbs, cornmeal, Parmesan cheese, fresh parsley, garlic powder, salt, onion powder, dried thyme and pepper.
- Place the buttermilk in a shallow bowl. Working with a few pieces at a time, dip the chicken pieces in buttermilk, then dip in the cornmeal mixture. Turn to coat. Editor's Tip: Press the chicken firmly into the cornmeal coating to ensure it adheres.
- Coat a 13x9-inch baking pan with cooking spray.
- Place the dredged chicken pieces in the pan.
- Bake for 10 minutes.
- Drizzle the chicken with the melted butter. Continue baking until juices run clear and chicken is cooked to at least 165°, 30 to 40 minutes. Editor's Tip: Another way to bake fried chicken is on an oven-safe wire rack placed inside a baking sheet. The rack promotes air circulation, ensuring the chicken crisps up on all sides.

Nutrition Facts

 PROTEIN 0.95%  FAT 95.58%  CARBS 3.47%

Properties

Glycemic Index:31.08, Glycemic Load:6.1, Inflammation Score:-4, Nutrition Score:11.227391237798%

Flavonoids

Apigenin: 46.91mg, Apigenin: 46.91mg, Apigenin: 46.91mg, Apigenin: 46.91mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.45mg, Isorhamnetin: 3.45mg, Isorhamnetin: 3.45mg, Isorhamnetin: 3.45mg

Nutrients (% of daily need)

Calories: 2185.61kcal (109.28%), Fat: 231.78g (356.59%), Saturated Fat: 70.29g (439.33%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 16.83g (6.12%), Sugar: 1.84g (2.05%), Cholesterol: 204.83mg (68.28%), Sodium: 398.56mg (17.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Vitamin D: 11.17µg (74.49%), Vitamin E: 6.38mg (42.54%), Vitamin K: 16.81µg (16.01%), Manganese: 0.31mg (15.48%), Calcium: 105.18mg (10.52%), Phosphorus: 104.51mg (10.45%), Vitamin B1: 0.14mg (9.52%), Selenium: 6.5µg (9.28%), Fiber: 2.06g (8.24%), Vitamin B2: 0.13mg (7.59%), Iron: 1.24mg (6.89%), Magnesium: 27.16mg (6.79%), Zinc: 0.94mg (6.28%), Vitamin B6: 0.12mg (5.93%), Vitamin B3: 1.06mg (5.3%), Folate: 17.95µg (4.49%), Potassium: 135.08mg (3.86%), Copper: 0.08mg (3.82%), Vitamin B12: 0.2µg (3.37%), Vitamin A: 163.64IU (3.27%), Vitamin B5: 0.24mg (2.43%), Vitamin C: 1.39mg (1.68%)