



Crispy Baked Chicken

READY IN



55 min.

SERVINGS



4

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups breadcrumbs dried plain
- 4 lb chicken for another use cut in eighths (backbone reserved)
- 1 cup cream of mushroom soup
- 0.3 teaspoon kosher salt
- 0.5 cup milk
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper
- 1 tablespoon basil pesto prepared

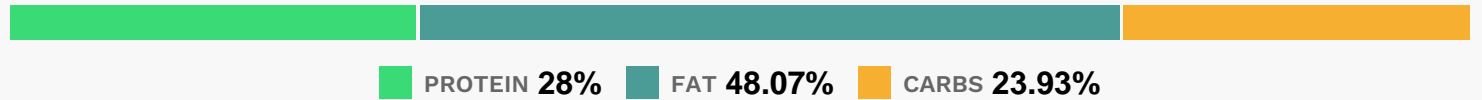
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Arrange rack in upper third of oven. Preheat oven to 425F.
- In a large bowl, whisk together soup, milk and pesto.
- Combine bread crumbs, oregano, salt and pepper in another bowl. Dip chicken pieces in soup mixture and then roll in crumbs, coating well.
- Place chicken skin side up on a large, shallow baking sheet.
- Roast chicken in the upper third of oven until golden and crisp on top and cooked through, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:26.42434775311%

Nutrients (% of daily need)

Calories: 754.29kcal (37.71%), Fat: 39.55g (60.85%), Saturated Fat: 11.61g (72.54%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 41.43g (15.07%), Sugar: 4.96g (5.51%), Cholesterol: 170.4mg (56.8%), Sodium: 1186.5mg (51.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.84g (103.68%), Vitamin B3: 19.01mg (95.07%), Selenium: 45.57µg (65.1%), Phosphorus: 459.17mg (45.92%), Vitamin B1: 0.68mg (45.57%), Vitamin B6: 0.88mg (43.84%), Manganese: 0.77mg (38.46%), Vitamin B2: 0.56mg (33.04%), Zinc: 4.47mg (29.79%), Iron: 5.23mg (29.04%), Vitamin B5: 2.52mg (25.19%), Folate: 76.46µg (19.11%), Magnesium: 76.4mg (19.1%), Vitamin B12: 1.13µg (18.82%), Copper: 0.37mg (18.67%), Potassium: 650.46mg (18.58%), Calcium: 177.47mg (17.75%), Fiber: 2.86g (11.44%), Vitamin K: 10.23µg (9.75%), Vitamin A: 439.01IU (8.78%), Vitamin E: 0.8mg (5.36%), Vitamin D: 0.77µg (5.14%), Vitamin C: 3.5mg (4.24%)