



Crispy Baked 'Fried' Chicken

READY IN



70 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup buttermilk
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 8 chicken pieces preferably 2 breasts, 2 thighs, 2 legs and 2 wings
- ☐ 4 cups cornflakes
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon ground sage
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 1.5 teaspoons paprika

Equipment

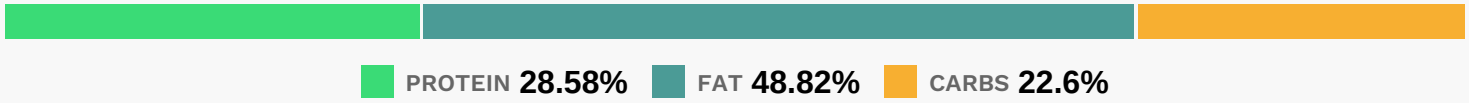
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ ziploc bags
- ☐ rolling pin
- ☐ colander

Directions

- ☐ Preheat the oven to 425 degrees.
- ☐ Place a rack in a roasting pan or on a baking sheet.
- ☐ Rinse the chicken in cold water; pat dry. In a wide bowl or on a plate, season the flour with salt and 1/4 teaspoon pepper. Dredge each chicken piece through the flour so it's fully coated, tap against the bowl to shake off excess flour and set aside. Discard the flour.
- ☐ Here comes the part kids like best: Crush the cornflakes by placing them in a big resealable plastic bag, carefully pressing the bag to push out the air. Seal up the bag (with as little air inside as possible) and run over the flakes with a rolling pin. Open the bag and pour the crushed flakes into a wide bowl or onto a plate.
- ☐ In a large bowl (big enough to dredge the chicken pieces), mix the buttermilk, mustard, cayenne pepper, paprika and sage. Give each floured chicken piece a good buttermilk bath and then roll in the cornflake crumbs.
- ☐ Arrange the chicken pieces on the rack and place in the hot oven. Cook for 15 to 20 minutes, lower the heat to 375 degrees and cook for another 25 to 30 minutes, until cooked through and crispy. The juices should run clear when the meat is pierced with a knife.
- ☐ Serve with Easy Greens.
- ☐ Per serving: Calories 520; Fat 22 g (Sat. 6 g; Mono. 9 g; Poly. 5 g); Cholesterol 136 mg; Sodium 1,040 mg; Carbohydrate 41 g; Fiber 1.5 g; Protein 40 g

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add 2 pounds hearty greens (escarole, chicory, mustard greens or a combination, large stems trimmed), slightly cover the pot and cook until tender, 4 to 5 minutes.
- ☐ Drain greens in a colander, then let cool about 10 minutes.
- ☐ Drizzle with 3 tablespoons each extra-virgin olive oil and lemon juice; season with salt and pepper.
- ☐ Per serving: Calories 130; Fat 10.5 g (Sat. 1.5 g; Mono. 7.4 g; Poly. 1.2 g); Cholesterol 0 mg; Sodium 27.5 mg; Carbohydrate 9 g; Fiber 7 g; Protein 2.5 g

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:6.19, Inflammation Score:-7, Nutrition Score:20.339130577834%

Nutrients (% of daily need)

Calories: 457.24kcal (22.86%), Fat: 24.52g (37.73%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 24.22g (8.81%), Sugar: 3.23g (3.59%), Cholesterol: 118.53mg (39.51%), Sodium: 521.34mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.59%), Vitamin B3: 14.55mg (72.75%), Vitamin B6: 0.9mg (45.22%), Selenium: 30µg (42.86%), Iron: 7.47mg (41.5%), Vitamin B2: 0.58mg (33.9%), Vitamin B1: 0.45mg (29.89%), Phosphorus: 286.76mg (28.68%), Vitamin B12: 1.53µg (25.56%), Folate: 97µg (24.25%), Vitamin A: 878.41IU (17.57%), Zinc: 2.44mg (16.25%), Vitamin B5: 1.62mg (16.2%), Magnesium: 46.54mg (11.64%), Potassium: 390.57mg (11.16%), Vitamin D: 1.33µg (8.85%), Manganese: 0.16mg (8.21%), Vitamin C: 6.48mg (7.85%), Copper: 0.14mg (7.02%), Calcium: 54.86mg (5.49%), Fiber: 1.31g (5.26%), Vitamin E: 0.7mg (4.66%), Vitamin K: 3.18µg (3.03%)