



Crispy Baked Rosemary-Garlic Chicken Legs

READY IN



110 min.

SERVINGS



6

CALORIES



1133 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 chicken legs
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings lemon wedges for serving
- ☐ 2 cups milk
- ☐ 6 servings olive oil extra-virgin
- ☐ 4 cups panko bread crumbs

☐ 4 stems rosemary leaves picked roughly chopped

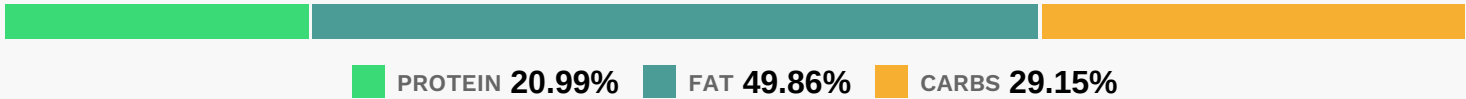
Equipment

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Put a sheet tray in the oven to preheat.
- ☐ Wash and trim the chicken legs of any excess fat.
- ☐ Mix the garlic, rosemary and panko together in a shallow rimmed dish and season well with salt and pepper. Alternately, crush the garlic and rosemary with some olive oil and salt in a mortar and pestle.
- ☐ Crack the eggs into a similar dish, add the milk and whisk to combine. Season with salt and pepper, to taste. In another dish add the flour and season with salt and pepper, to taste.
- ☐ Take the chicken legs and 1 at a time, dredge in the flour, then the egg wash and then coat well with the rosemary-garlic panko bread crumbs.
- ☐ Lay the chicken legs out on a tray lined with parchment paper, as you work. Refrigerate the legs for about 15 to 20 minutes for the breading to set.
- ☐ Remove the hot sheet tray from the oven and drizzle with a good amount of olive oil. Arrange the chicken legs carefully on the tray, spacing them out evenly (the chicken will sizzle when added to the hot oil). Roast until the chicken legs are golden and crispy, about 35 to 40 minutes
- ☐ Remove the chicken from the oven to a serving platter. Season with salt and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:45.08, Glycemic Load:36.08, Inflammation Score:-7, Nutrition Score:36.131739056629%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1132.63kcal (56.63%), Fat: 61.84g (95.15%), Saturated Fat: 15.74g (98.36%), Carbohydrates: 81.36g (27.12%), Net Carbohydrates: 77.77g (28.28%), Sugar: 6.65g (7.39%), Cholesterol: 303.93mg (101.31%), Sodium: 562.72mg (24.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.58g (117.15%), Selenium: 83.84µg (119.78%), Vitamin B3: 18.64mg (93.22%), Vitamin B1: 1.12mg (74.65%), Phosphorus: 645.92mg (64.59%), Vitamin B2: 1.01mg (59.66%), Vitamin B6: 0.98mg (49.22%), Folate: 174.74µg (43.68%), Manganese: 0.87mg (43.67%), Iron: 7mg (38.87%), Vitamin B5: 3.59mg (35.93%), Vitamin B12: 2.15µg (35.88%), Zinc: 5.34mg (35.62%), Potassium: 818.02mg (23.37%), Magnesium: 92.07mg (23.02%), Calcium: 217.52mg (21.75%), Vitamin E: 2.85mg (19%), Copper: 0.35mg (17.38%), Vitamin K: 17.65µg (16.81%), Fiber: 3.59g (14.36%), Vitamin D: 1.45µg (9.64%), Vitamin A: 450.93IU (9.02%), Vitamin C: 1.4mg (1.69%)