



Crispy Buttermilk Oven-Fried Chicken (Makeover)

READY IN



75 min.

SERVINGS



5

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 0.3 cup buttermilk
- ☐ 3 lb chicken whole skinless
- ☐ 1 cup cornflakes
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons garlic powder
- ☐ 0.5 teaspoon ground pepper red (cayenne)
- ☐ 1 teaspoon onion powder

- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon poultry seasoning
- ☐ 0.5 teaspoon salt

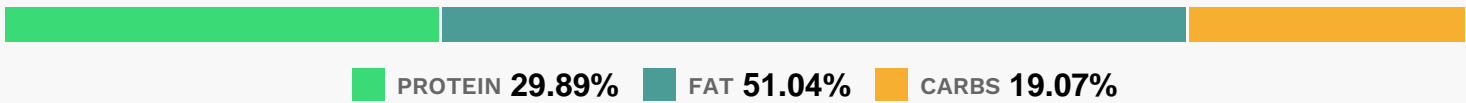
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 425F. Line 13x9-inch pan with foil; spray foil with cooking spray.
- ☐ Place cereal in food-storage plastic bag; seal bag and crush with rolling pin or meat mallet. In shallow dish, mix crushed cereal, the flour, garlic powder, onion powder, poultry seasoning, black pepper, paprika, salt and ground red pepper.
- ☐ In another shallow dish, place chicken.
- ☐ Pour buttermilk over chicken pieces, turning to coat all sides.
- ☐ Remove chicken pieces, one at a time, from buttermilk, then dip in cereal mixture, turning to coat completely; shake off excess.
- ☐ Place chicken pieces, bone sides down, in pan. Spray top of chicken with cooking spray.
- ☐ Bake uncovered 50 to 60 minutes or until juice of chicken is clear when thickest piece is cut to bone (170F for breasts; 180F for thighs and drumsticks).

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:7.25, Inflammation Score:-6, Nutrition Score:14.422173935434%

Nutrients (% of daily need)

Calories: 364.13kcal (18.21%), Fat: 20.37g (31.34%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 17.13g (5.71%),
Net Carbohydrates: 15.99g (5.82%), Sugar: 1.29g (1.43%), Cholesterol: 99.3mg (33.1%), Sodium: 379.28mg (16.49%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.67%), Vitamin B3: 10.73mg (53.63%), Selenium:
24.41µg (34.88%), Vitamin B6: 0.61mg (30.55%), Phosphorus: 231.49mg (23.15%), Iron: 3.78mg (21.01%), Vitamin B2:
0.34mg (19.72%), Vitamin B1: 0.27mg (17.88%), Manganese: 0.28mg (13.87%), Vitamin B5: 1.34mg (13.35%), Zinc:
2mg (13.32%), Folate: 53.22µg (13.31%), Vitamin B12: 0.74µg (12.34%), Vitamin A: 597.84IU (11.96%), Potassium:
330.7mg (9.45%), Magnesium: 36.92mg (9.23%), Vitamin K: 7.07µg (6.73%), Copper: 0.12mg (6.07%), Fiber: 1.13g
(4.53%), Vitamin C: 3.58mg (4.34%), Calcium: 41.69mg (4.17%), Vitamin D: 0.62µg (4.13%), Vitamin E: 0.61mg
(4.09%)