



Crispy Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



871 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick butter melted
- ☐ 2 cups buttermilk
- ☐ 3.5 pound chicken pieces
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon salt
- ☐ 16 ounce herb-seasoned stuffing mix (4 cups)

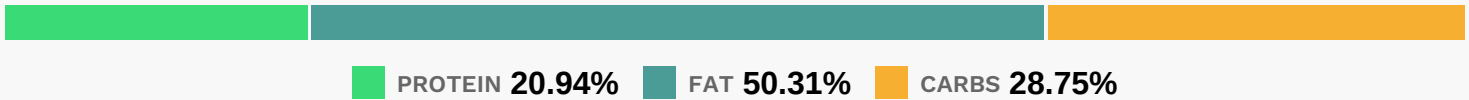
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Soak chicken in buttermilk 8 hours.
- ☐ Drain and discard buttermilk.
- ☐ Process stuffing mix and next 4 ingredients in a food processor or blender until fine crumbs.
- ☐ Dip chicken pieces in butter; roll in stuffing mixture until well coated.
- ☐ Place chicken on a baking sheet.
- ☐ Bake at 350 for 1 hour and 10 minutes or until golden brown.
- ☐ NOTE: For testing purposes only, we used Pepperidge Farm Stuffing.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:26.76173943022%

Nutrients (% of daily need)

Calories: 870.54kcal (43.53%), Fat: 48.06g (73.94%), Saturated Fat: 19.85g (124.09%), Carbohydrates: 61.78g (20.59%), Net Carbohydrates: 59.34g (21.58%), Sugar: 10.17g (11.3%), Cholesterol: 186.44mg (62.15%), Sodium: 1470.84mg (63.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.01g (90.03%), Selenium: 65.93µg (94.19%), Vitamin B3: 16.68mg (83.41%), Phosphorus: 454.36mg (45.44%), Vitamin B1: 0.6mg (39.85%), Vitamin B2: 0.67mg (39.5%), Vitamin B6: 0.78mg (38.83%), Folate: 142.52µg (35.63%), Iron: 4.54mg (25.24%), Manganese: 0.49mg (24.71%), Zinc: 3.45mg (23.03%), Vitamin B5: 2.27mg (22.69%), Calcium: 204.65mg (20.47%), Magnesium: 75.32mg (18.83%), Potassium: 643.02mg (18.37%), Vitamin A: 888.03IU (17.76%), Vitamin B12: 1µg (16.59%), Copper: 0.29mg (14.39%), Fiber: 2.44g (9.76%), Vitamin D: 1.41µg (9.39%), Vitamin E: 1.34mg (8.94%), Vitamin K: 5.22µg (4.97%), Vitamin C: 2.91mg (3.53%)