



Crispy Mustard-Roasted Chicken

READY IN



70 min.

SERVINGS



3

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pound meat from a rotisserie chicken cut in eighths
- 0.5 cup dijon mustard such as grey poupon
- 0.5 cup cooking wine dry white
- 1 tablespoon thyme leaves fresh minced
- 4 cloves garlic
- 3 servings kosher salt and pepper black freshly ground
- 1 tablespoon lemon zest grated (2 lemons)
- 2 tablespoons olive oil good
- 2 cups panko bread crumbs (Japanese bread flakes)

2 tablespoons butter unsalted melted

Equipment

food processor

bowl

frying pan

paper towels

oven

whisk

Directions

Preheat the oven to 350 degrees F.

Place the garlic, thyme, 2 teaspoons salt, and 1 teaspoon pepper in a food processor fitted with the steel blade and process until the garlic is finely minced.

Add the panko, lemon zest, olive oil, and butter and pulse a few times to moisten the bread flakes.

Pour the mixture onto a large plate. In a shallow bowl, whisk together the mustard and wine.

Pat the chicken dry with paper towels.

Sprinkle generously all over with salt and pepper. Dip each piece in the mustard mixture to coat on all sides, and then place skin-side down only into the crumb mixture, pressing gently to make the crumbs adhere.

Place the chicken on a sheet pan crumb-side up. Press the remaining crumbs on the chicken pieces.

Bake the chicken for 40 minutes. Raise the heat to 400 degrees F and bake for another 10 minutes, until the crumbs are browned and the chicken is cooked through.

Serve hot, warm, or at room temperature.

Nutrition Facts



PROTEIN 24.79% **FAT 59.71%** **CARBS 15.5%**

Properties

Glycemic Index:51.33, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:29.2504346889%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 921.17kcal (46.06%), Fat: 58.75g (90.38%), Saturated Fat: 17.63g (110.2%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 30.08g (10.94%), Sugar: 3.58g (3.98%), Cholesterol: 210.58mg (70.19%), Sodium: 931.35mg (40.49%), Alcohol: 4.12g (100%), Alcohol %: 1.3% (100%), Protein: 54.88g (109.76%), Vitamin B3: 20.29mg (101.44%), Selenium: 61.49µg (87.84%), Vitamin B6: 1.05mg (52.39%), Phosphorus: 502.65mg (50.26%), Vitamin B1: 0.63mg (42.04%), Manganese: 0.76mg (37.79%), Iron: 5.54mg (30.78%), Vitamin B2: 0.52mg (30.57%), Zinc: 4.32mg (28.83%), Vitamin B5: 2.73mg (27.26%), Magnesium: 97.31mg (24.33%), Potassium: 686.24mg (19.61%), Fiber: 4.23g (16.93%), Vitamin E: 2.51mg (16.73%), Folate: 63.07µg (15.77%), Vitamin B12: 0.94µg (15.72%), Calcium: 153.03mg (15.3%), Vitamin A: 731.09IU (14.62%), Vitamin C: 11.79mg (14.3%), Copper: 0.29mg (14.29%), Vitamin K: 13.74µg (13.08%), Vitamin D: 0.65µg (4.32%)