



WHATShEATE



Crispy Oven-Fried Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup breadcrumbs dried
- ☐ 0.3 cup buttermilk 1%
- ☐ 48 ounces chicken breast bone-in
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.5 teaspoon salt

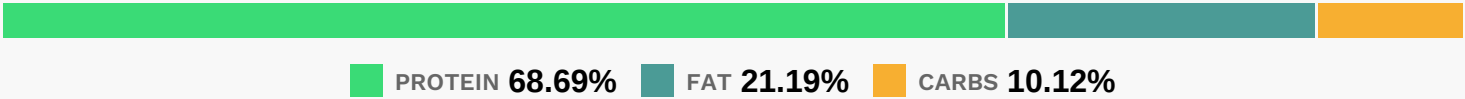
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together the buttermilk, chives, mustard, and hot sauce.
- ☐ Remove the skin from the chicken breasts, add the chicken to the bowl, and let it soak for at least 30 minutes or overnight.
- ☐ Preheat the oven to 425°F. Spray a rimmed baking sheet with cooking spray.
- ☐ Remove the chicken from the marinade and season it with salt and pepper.
- ☐ Place the bread crumbs in a wide, shallow bowl. Dip the chicken into the bread crumbs and toss well to coat.
- ☐ Place the chicken on the prepared baking sheet. Spray the chicken generously with cooking spray and bake until it is just cooked through, 25 to 30 minutes.
- ☐ Get Cheesy
- ☐ To make this dish just a little more decadent without adding too many more calories, I like to grate some Parmesan or pecorino Romano into my bread crumbs. About 2 tablespoons should give you a nice cheesy flavor in your crust.
- ☐ Other
- ☐ Reprinted with permission from From Mama's Table to Mine by Bobby Deen, © 2013 by Bobby Deen Enterprises, LLC Born in Georgia BOBBY DEEN is the son of famous Food Network host and bestselling cookbook author Paula Deen, as well as the host of his own show, the Cooking Channel's Not My Mama's Meals. Bobby, along with his brother, Jamie, got his start in the food business in 1989 delivering sandwiches as part of his mother's business, The Bag Lady. The three Deens then joined forces to open a restaurant, The lady & Sons, in Savannah. Bobby is a regular guest on Today, Good Morning America, Rachel Ray, and The Dr. Oz Show. He is a frequent guest on many Food Network Shows, including Paula's Home Cooking. Writer MELISSA CLARK's work appears in The New York Times, Food & Wine, Martha Stewart, and Real Simple. She has also collaborated on more than twenty cookbooks, one of which received both a James Beard Award and the Julia Child Cookbook Award in 2000.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:27.891739223314%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 455.71kcal (22.79%), Fat: 10.26g (15.78%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.24g (3.73%), Sugar: 1.88g (2.09%), Cholesterol: 219.92mg (73.31%), Sodium: 825.61mg (35.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.83g (149.66%), Vitamin B3: 36.42mg (182.11%), Selenium: 113.46µg (162.09%), Vitamin B6: 2.58mg (128.85%), Phosphorus: 756.91mg (75.69%), Vitamin B5: 5.01mg (50.14%), Potassium: 1325.2mg (37.86%), Vitamin B2: 0.43mg (25.49%), Magnesium: 98.35mg (24.59%), Vitamin B1: 0.36mg (24.16%), Zinc: 2.27mg (15.14%), Vitamin B12: 0.82µg (13.66%), Manganese: 0.22mg (11.16%), Iron: 2mg (11.14%), Folate: 31.82µg (7.96%), Vitamin K: 7.39µg (7.04%), Copper: 0.14mg (6.99%), Vitamin C: 5.73mg (6.94%), Calcium: 69.11mg (6.91%), Vitamin A: 246.54IU (4.93%), Vitamin E: 0.68mg (4.56%), Vitamin D: 0.6µg (4%), Fiber: 0.79g (3.15%)