



Dinner Tonight: Chicken a la Diable

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs
- ☐ 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 1 tablespoon dijon mustard coarse-grain
- ☐ 2 tablespoons dijon mustard
- ☐ 2 eggs
- ☐ 2 tablespoons thyme sprigs fresh minced
- ☐ 0.5 teaspoon pepper red hot finely
- ☐ 4 servings salt
- ☐ 3 tablespoons butter unsalted

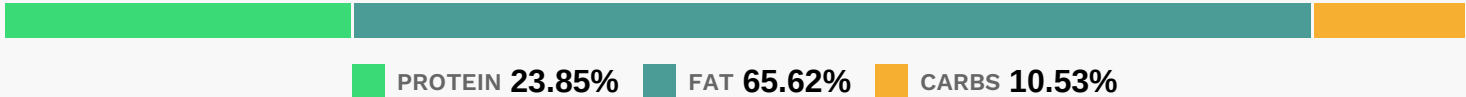
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ pastry brush

Directions

- ☐ Preheat oven to 375 degrees. In a small bowl, combine mustards and red pepper and mix well to blend. Season chicken legs with salt, then use a pastry brush to paint the mustard mixture evenly on all the legs.
- ☐ On a plate or shallow bowl, combine eggs and whisk lightly with a fork to blend. In another, combine the breadcrumbs with the thyme. Dredge the chicken in the eggs, then breadcrumbs, coating them as evenly as possible, then transfer to a baking dish.
- ☐ Use butter to evenly dot the chicken pieces, then bake until the juices run clear, 30–35 minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:15.182173874067%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg

Nutrients (% of daily need)

Calories: 446.85kcal (22.34%), Fat: 32.35g (49.76%), Saturated Fat: 11.92g (74.5%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 10.01g (3.64%), Sugar: 1.1g (1.22%), Cholesterol: 224.22mg (74.74%), Sodium: 561.38mg (24.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.92%), Selenium: 37.33µg (53.32%), Vitamin B3: 7.17mg (35.85%), Phosphorus: 284.64mg (28.46%), Vitamin B6: 0.49mg (24.44%), Vitamin B2: 0.37mg (21.55%), Vitamin B5: 1.75mg (17.54%), Vitamin B1: 0.26mg (17.17%), Zinc: 2.53mg (16.86%), Vitamin B12: 0.98µg (16.37%), Iron:

2.76mg (15.35%), Vitamin A: 748.11IU (14.96%), Manganese: 0.26mg (13.15%), Magnesium: 44.51mg (11.13%), Potassium: 363.95mg (10.4%), Folate: 32.69µg (8.17%), Copper: 0.15mg (7.6%), Calcium: 73.35mg (7.33%), Vitamin C: 5.91mg (7.16%), Fiber: 1.67g (6.67%), Vitamin E: 0.9mg (6.02%), Vitamin K: 5.09µg (4.85%), Vitamin D: 0.73µg (4.84%)