



Easy Crispy Oven Chicken

 **Gluten Free**

READY IN



45 min.

SERVINGS



7

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds chicken pieces
- 1.5 cups croutons crushed fine
- 0.5 cup milk

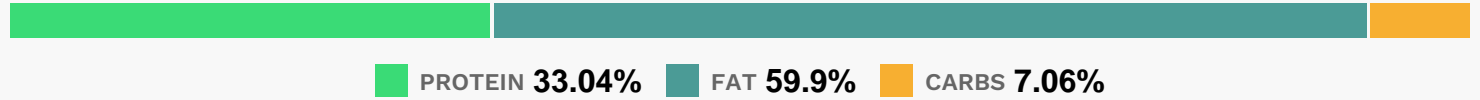
Equipment

- oven
- baking pan

Directions

- Crush croutons in a large freezer bag until fine, pour into a pie plate
- Dip pieces of chicken into the milk and then onto a plate of the crushed croutons
- Bake on a baking dish at 375 degrees for 1 hour, or until pieces are cooked through. Tastes fantastic at room temperature, for a picnic

Nutrition Facts



Properties

Glycemic Index:15.71, Glycemic Load:3.48, Inflammation Score:-3, Nutrition Score:10.09347826087%

Nutrients (% of daily need)

Calories: 320.83kcal (16.04%), Fat: 20.89g (32.14%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.21g (1.89%), Sugar: 0.84g (0.93%), Cholesterol: 101.23mg (33.74%), Sodium: 144.03mg (6.26%), Protein: 25.92g (51.85%), Vitamin B3: 9.36mg (46.79%), Selenium: 21.78µg (31.11%), Vitamin B6: 0.48mg (23.75%), Phosphorus: 219.31mg (21.93%), Vitamin B5: 1.3mg (12.96%), Zinc: 1.86mg (12.4%), Vitamin B2: 0.2mg (11.77%), Vitamin B1: 0.13mg (8.61%), Vitamin B12: 0.5µg (8.4%), Potassium: 283.95mg (8.11%), Iron: 1.45mg (8.07%), Magnesium: 30.52mg (7.63%), Vitamin A: 213.3IU (4.27%), Folate: 16.42µg (4.1%), Calcium: 40.86mg (4.09%), Copper: 0.07mg (3.71%), Vitamin D: 0.46µg (3.04%), Manganese: 0.06mg (2.9%), Vitamin E: 0.41mg (2.7%), Vitamin C: 2.12mg (2.56%), Vitamin K: 2.04µg (1.94%), Fiber: 0.33g (1.31%)