



Honey Nut Oven Fried Chicken

READY IN



130 min.

SERVINGS



5

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups buttermilk
- ☐ 4 cups corn flakes/bran flakes crushed honey nut clusters®
- ☐ 1 chicken whole cut into 10 pieces (breasts cut in half crosswise)
- ☐ 2 eggs beaten
- ☐ 5 servings lawry's seasoned salt to taste
- ☐ 2 cups baking mix original bisquick®

Equipment

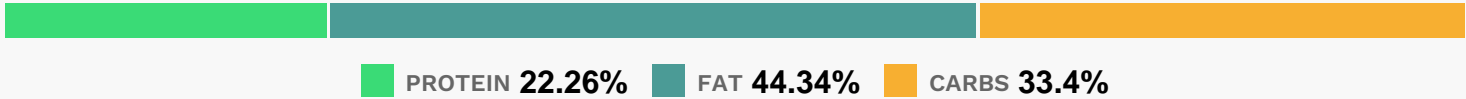
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Heat oven to 400°F.
- ☐ Sprinkle both sides of the chicken pieces with seasoned salt and cayenne pepper.
- ☐ Place chicken in large resealable plastic bag placed in large bowl.
- ☐ Pour 2 cups of the buttermilk over chicken. Seal bag; refrigerate 1 hour or overnight.
- ☐ Line a 13x9-inch shallow baking pan with foil.
- ☐ Place a cooling rack over pan; generously spray cooling rack with nonstick cooking spray.
- ☐ In medium shallow bowl, mix eggs with remaining buttermilk; whisk until smooth.
- ☐ Place Bisquick mix in small shallow bowl.
- ☐ Place cereal in another small shallow bowl.
- ☐ Remove chicken pieces one at a time from the buttermilk; dredge in Bisquick mix, then egg wash, then cereal, coating chicken pieces completely.
- ☐ Place chicken pieces, bone sides down, on rack. Spray top of chicken with cooking spray.
- ☐ Bake uncovered, on middle oven rack, for about 50 minutes or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:20.65, Glycemic Load:16.2, Inflammation Score:-9, Nutrition Score:40.432608480039%

Nutrients (% of daily need)

Calories: 737.52kcal (36.88%), Fat: 36.65g (56.39%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 62.13g (20.71%), Net Carbohydrates: 55.26g (20.1%), Sugar: 17.47g (19.41%), Cholesterol: 193.9mg (64.63%), Sodium: 1236.71mg (53.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.42g (82.83%), Vitamin B3: 18.01mg (90.03%), Phosphorus: 785.29mg (78.53%), Selenium: 52.18µg (74.55%), Folate: 296.85µg (74.21%), Manganese: 1.34mg (67.21%), Iron: 12.01mg (66.7%), Vitamin B2: 1.13mg (66.32%), Vitamin B6: 1.19mg (59.34%), Vitamin B1: 0.85mg (56.46%), Vitamin B12: 2.97µg (49.47%), Magnesium: 129.87mg (32.47%), Zinc: 4.57mg (30.45%), Vitamin B5: 2.81mg (28.14%), Fiber: 6.86g (27.46%), Calcium: 264.73mg (26.47%), Vitamin A: 1308.25IU (26.17%), Vitamin D: 3.27µg (21.82%), Potassium: 723.07mg (20.66%), Copper: 0.35mg (17.49%), Vitamin E: 1.03mg (6.9%), Vitamin K: 6.27µg (5.97%), Vitamin C: 2.58mg (3.13%)