




 **25%**
HEALTH SCORE

How To Make Fried Chicken Without Frying


 Dairy Free

READY IN




45 min.

SERVINGS



2

CALORIES



1341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 strips.
- 4 strips.
- 2 Tbsp olive oil extra virgin
- 2 servings rosemary
- 2 servings sage
- 2 servings tarragon
- 2 servings salt
- 2 servings bell pepper

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- 6 Tbsp breadcrumbs
- 2 Tbsp honey
- 2 Tbsp vinegar

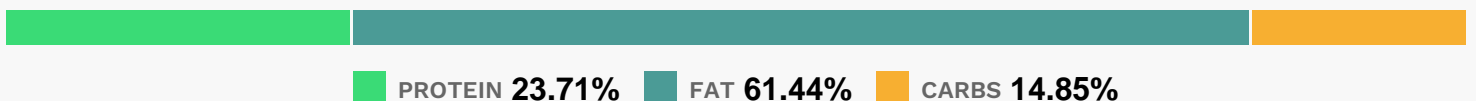
Equipment

- bowl
- baking paper
- oven

Directions

- Preheat the oven to 200C/400F.
- Wash and dry the chicken thighs.
- Mince the herbs.
- In a bowl put the extra virgin olive oil, the minced herbs, salt and pepper.
- Put the chicken inside the bowl and gently massage the chicken with the oil and herbs mixture.
- Pass each thigh on the breadcrumbs and put on an oven tray covered with parchment paper.
- Cook until well done, from 50 minutes to one hour, depending on your oven and the weight of the chicken pieces.
- At half cooking time, turn each piece to the other side.
- Prepare a sauce mixing the honey and vinegar.
- Five minutes before taking the chicken out of the oven, brush each piece with the sauce.

Nutrition Facts



Properties

Glycemic Index:153.14, Glycemic Load:11.21, Inflammation Score:-9, Nutrition Score:47.999130434783%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Taste

Sweetness: 19.44%, Saltiness: 100%, Sourness: 13.39%, Bitterness: 16.56%, Savoriness: 70.13%, Fattiness: 61.84%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 1340.74kcal (67.04%), Fat: 91.2g (140.31%), Saturated Fat: 22.65g (141.55%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 44.95g (16.35%), Sugar: 25.37g (28.18%), Cholesterol: 442.96mg (147.65%), Sodium: 769.48mg (33.46%), Protein: 79.18g (158.36%), Vitamin C: 191.39mg (231.98%), Selenium: 92.52µg (132.18%), Vitamin B3: 24.56mg (122.78%), Vitamin B6: 2.05mg (102.56%), Vitamin A: 5062.88IU (101.26%), Phosphorus: 807.05mg (80.71%), Vitamin B5: 5.24mg (52.45%), Vitamin B2: 0.87mg (50.94%), Vitamin B12: 3µg (49.96%), Vitamin B1: 0.71mg (47.21%), Zinc: 6.55mg (43.66%), Potassium: 1342.52mg (38.36%), Vitamin E: 5.34mg (35.62%), Iron: 5.65mg (31.38%), Manganese: 0.63mg (31.3%), Magnesium: 120.99mg (30.25%), Folate: 117.67µg (29.42%), Vitamin K: 27.2µg (25.91%), Copper: 0.47mg (23.56%), Fiber: 4.64g (18.56%), Calcium: 116.84mg (11.68%), Vitamin D: 0.45µg (3.01%)