



Leah Chase's Oven-Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound meat from a rotisserie chicken cut into 8 pieces
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground thyme
- ☐ 1 tablespoon butter melted
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper white

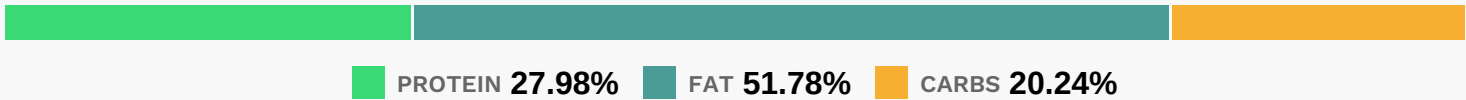
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle salt and pepper over chicken.
- ☐ Combine chicken, flour, garlic powder, paprika, and thyme in a large zip-top plastic bag; seal, and shake to coat chicken with flour mixture.
- ☐ Remove chicken from bag; discard flour mixture.
- ☐ Place chicken on a jelly-roll pan coated with cooking spray.
- ☐ Drizzle margarine over chicken.
- ☐ Bake at 400 for 50 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:11.51, Inflammation Score:-4, Nutrition Score:10.436521644178%

Nutrients (% of daily need)

Calories: 328.32kcal (16.42%), Fat: 18.51g (28.47%), Saturated Fat: 5.12g (32%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.59g (5.67%), Sugar: 0.08g (0.09%), Cholesterol: 81.65mg (27.22%), Sodium: 195.81mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Vitamin B3: 8.66mg (43.28%), Selenium: 22.81µg (32.59%), Vitamin B6: 0.4mg (19.92%), Phosphorus: 184.85mg (18.49%), Vitamin B1: 0.23mg (15.4%), Vitamin B2: 0.24mg (13.95%), Iron: 2.06mg (11.44%), Folate: 45µg (11.25%), Vitamin B5: 1.09mg (10.9%), Zinc: 1.59mg (10.6%), Manganese: 0.17mg (8.75%), Magnesium: 27.08mg (6.77%), Potassium: 236.22mg (6.75%), Vitamin A: 319.54IU (6.39%), Vitamin B12: 0.34µg (5.66%), Copper: 0.09mg (4.3%), Vitamin E: 0.46mg (3.1%), Fiber: 0.68g (2.72%), Vitamin K: 2.54µg (2.42%), Vitamin C: 1.79mg (2.17%), Calcium: 17.45mg (1.74%), Vitamin D: 0.22µg (1.45%)