




# Oatmeal Baked Chicken


 **Gluten Free**

READY IN




**55 min.**

SERVINGS



**6**

CALORIES



**2511 kcal**

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

## Ingredients

- 1.5 cups oats
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 teaspoon salt
- 0.8 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 0.3 teaspoon pepper
- 3.5 pounds cooking fat

- 0.5 cup milk
- 2 tablespoons butter melted

## Equipment

- bowl
- oven
- baking pan
- kitchen thermometer
- ziploc bags

## Directions

- Preheat oven to 375°; coat a 13-in. x 9-in. baking dish with cooking spray and set aside. In a shallow bowl or large resealable plastic bag, combine oats, paprika, chili powder, salt if desired, garlic powder, cumin and pepper. Dip chicken in milk, then coat with oat mixture.
- Place in prepared baking dish.
- Drizzle with butter.
- Bake, uncovered, until juices run clear and thermometer reads 170° when inserted into thickest part of chicken, 45–50 minutes.

## Nutrition Facts

**PROTEIN 0.63%** **FAT 96.75%** **CARBS 2.62%**

## Properties

Glycemic Index:26.67, Glycemic Load:8.16, Inflammation Score:-7, Nutrition Score:13.998260998046%

## Nutrients (% of daily need)

Calories: 2511.44kcal (125.57%), Fat: 270.25g (415.77%), Saturated Fat: 80.29g (501.84%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 13.66g (4.97%), Sugar: 1.5g (1.66%), Cholesterol: 227.35mg (75.78%), Sodium: 463.1mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin D: 12.92µg (86.16%), Vitamin E: 8.3mg (55.32%), Manganese: 0.93mg (46.73%), Vitamin A: 1172.4IU (23.45%), Magnesium: 62.42mg (15.61%), Phosphorus: 124.63mg (12.46%), Selenium: 8.26µg (11.79%), Fiber: 2.85g (11.4%), Vitamin B1: 0.13mg (8.75%), Iron: 1.56mg (8.67%), Zinc: 0.86mg (5.74%), Copper: 0.1mg (5.09%), Vitamin B2: 0.08mg (4.84%), Potassium: 166.27mg

(4.75%), Vitamin B6: 0.09mg (4.66%), Calcium: 45.47mg (4.55%), Vitamin K: 3.2µg (3.05%), Vitamin B5: 0.27mg (2.69%), Vitamin B3: 0.47mg (2.36%), Folate: 7.69µg (1.92%), Vitamin B12: 0.11µg (1.91%)