



## Oven-Baked Chicken

 Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 0.7 cup pancake mix
- 1.5 teaspoons paprika
- 1.3 teaspoons salt
- 0.3 teaspoon pepper
- 3 lb skin-on chicken drumsticks bone-in (breasts, drumsticks, thighs)

### Equipment

- bowl

- oven
- baking pan

## Directions

- Heat oven to 425°F. Melt butter in 13x9-inch (3-quart) baking dish, in oven.
- In medium bowl, stir together Bisquick™ mix, paprika, salt and pepper; coat chicken.
- Place skin sides down in dish (dish and butter should be hot).
- Bake 30 minutes; turn chicken.
- Bake about 15 minutes longer or until juice of chicken is clear when thickest pieces are cut to bone (at least 165°F).

## Nutrition Facts

**PROTEIN 39.21%** **FAT 54.24%** **CARBS 6.55%**

## Properties

Glycemic Index:16.17, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:12.168695853456%

## Nutrients (% of daily need)

Calories: 291.44kcal (14.57%), Fat: 17.19g (26.44%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.2g (1.53%), Sugar: 0.05g (0.06%), Cholesterol: 155.07mg (51.69%), Sodium: 730.81mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.91%), Selenium: 30.95µg (44.22%), Vitamin B3: 7.58mg (37.9%), Phosphorus: 299.72mg (29.97%), Vitamin B6: 0.53mg (26.53%), Zinc: 3.05mg (20.35%), Vitamin B2: 0.31mg (17.99%), Vitamin B5: 1.66mg (16.61%), Vitamin B12: 0.89µg (14.81%), Potassium: 380.77mg (10.88%), Vitamin B1: 0.15mg (10.26%), Magnesium: 34.66mg (8.67%), Vitamin A: 411.05IU (8.22%), Iron: 1.26mg (7.02%), Copper: 0.1mg (5.23%), Calcium: 48.63mg (4.86%), Vitamin K: 4.5µg (4.29%), Manganese: 0.07mg (3.29%), Vitamin E: 0.49mg (3.26%), Folate: 10.09µg (2.52%), Fiber: 0.47g (1.88%), Vitamin D: 0.15µg (1.01%)