



Oven-Fried Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups rice cereal crispy
- 1 teaspoon dijon mustard
- 4 servings harissa for the sauce
- 4 servings kosher salt and pepper freshly ground
- 5 teaspoons olive oil extra-virgin
- 0.8 teaspoon paprika hot
- 1.5 cups greek yogurt plain 2% ()
- 2 bunches scallions
- 24 ounces chicken thighs bone-in skinless halved

- 2.3 cups melba toasts

Equipment

- food processor
- bowl
- baking sheet
- oven
- whisk
- kitchen thermometer
- aluminum foil
- ziploc bags

Directions

- Preheat the oven to 475 degrees F. Set a rack on a foil-lined baking sheet and generously coat the rack with cooking spray.
- Finely grind the cereal and bagel chips in a food processor and transfer to a large resealable plastic bag.
- Add 3 teaspoons olive oil, the paprika, 2 teaspoons salt, and pepper to taste and toss.
- Whisk 1/2 cup yogurt and the mustard in a shallow bowl.
- Add the chicken and turn to coat, then transfer to the bag; seal and shake to coat.
- Place the chicken on the rack and mist with cooking spray.
- Toss the scallions with the remaining 2 teaspoons olive oil and place alongside the chicken.
- Bake until the chicken is crisp and a thermometer inserted into the thickest part registers 160 degrees F, about 30 minutes.
- Mix the remaining 1 cup yogurt and harissa to taste in a bowl.
- Serve the chicken and scallions with the sauce.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 21.71% ■ FAT 32.08% ■ CARBS 46.21%

Properties

Glycemic Index:19.75, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:16.148695541465%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 863.36kcal (43.17%), Fat: 31.04g (47.76%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 100.63g (33.54%), Net Carbohydrates: 95.17g (34.61%), Sugar: 12.96g (14.4%), Cholesterol: 100.71mg (33.57%), Sodium: 1868.35mg (81.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.27g (94.54%), Selenium: 31.72µg (45.31%), Iron: 6.52mg (36.25%), Vitamin B3: 6.26mg (31.32%), Phosphorus: 309.76mg (30.98%), Vitamin K: 31.4µg (29.9%), Vitamin B6: 0.53mg (26.32%), Vitamin B2: 0.43mg (25.08%), Fiber: 5.45g (21.82%), Vitamin B12: 1.18µg (19.64%), Vitamin B5: 1.5mg (14.95%), Zinc: 2.1mg (13.98%), Potassium: 425.15mg (12.15%), Calcium: 104.45mg (10.45%), Vitamin B1: 0.15mg (10.03%), Magnesium: 37.86mg (9.47%), Vitamin E: 1.19mg (7.95%), Vitamin A: 366.72IU (7.33%), Folate: 27.32µg (6.83%), Copper: 0.1mg (5.25%), Vitamin C: 3.06mg (3.71%), Manganese: 0.05mg (2.7%)