



Oven Fried Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon canola oil
- 0.5 teaspoon cayenne pepper
- 1.3 cups rice-corn cereal crispy such as crispix
- 1 teaspoon dijon mustard
- 2 teaspoons kosher salt
- 0.5 cup mayonnaise light
- 4 chicken pieces bone-in skinless (see Cook's Note)

- 0.5 teaspoon paprika sweet
- 2.3 cups melba toast

Equipment

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

Directions

- Preheat the oven to 400 degrees F. Set a rack on a foil-lined baking sheet. Spray the rack generously with cooking spray.
- Finely grind the bagel chips and cereal together in a food processor.
- Transfer the crumbs to a gallon-size plastic bag.
- Add the oil, salt, cayenne, paprika and ground pepper and toss to mix thoroughly.
- Whisk the light mayonnaise and Dijon mustard together in a medium shallow bowl.
- Add the chicken to the mayonnaise mixture and turn to coat all the pieces evenly. Drop the chicken into the plastic bag, seal and shake until each piece is evenly coated.
- Place the coated pieces on the prepared rack. Spray the chicken pieces evenly with cooking spray.
- Bake until the coating crisps and browns and an instant-read thermometer inserted in the thickest part of the pieces registers 160 degrees F, 35 to 40 minutes.
- Transfer to a platter and serve hot or at room temperature.

Nutrition Facts



■ PROTEIN 23.5% ■ FAT 34.27% ■ CARBS 42.23%

Properties

Glycemic Index:27.75, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:20.359999978024%

Nutrients (% of daily need)

Calories: 953.96kcal (47.7%), Fat: 36.5g (56.16%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 101.23g (33.74%), Net Carbohydrates: 95.9g (34.87%), Sugar: 11.46g (12.73%), Cholesterol: 123.48mg (41.16%), Sodium: 3080.68mg (133.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.31g (112.63%), Vitamin B3: 15.74mg (78.68%), Iron: 9.51mg (52.82%), Vitamin B6: 0.91mg (45.58%), Selenium: 28.67µg (40.96%), Phosphorus: 311.08mg (31.11%), Vitamin B2: 0.39mg (22.94%), Fiber: 5.33g (21.32%), Vitamin K: 21.42µg (20.4%), Vitamin B5: 1.85mg (18.5%), Zinc: 2.76mg (18.41%), Vitamin B12: 1.1µg (18.26%), Vitamin B1: 0.26mg (17.05%), Potassium: 429.83mg (12.28%), Magnesium: 48.58mg (12.15%), Folate: 46.86µg (11.71%), Vitamin E: 1.75mg (11.65%), Vitamin A: 504.11IU (10.08%), Vitamin C: 6.07mg (7.36%), Copper: 0.12mg (6.09%), Manganese: 0.1mg (4.95%), Vitamin D: 0.51µg (3.37%), Calcium: 26.1mg (2.61%)