

Oven-Fried Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup buttermilk baking mix
- ☐ 0.3 teaspoon butter melted
- ☐ 0.5 teaspoon sage dried
- ☐ 0.5 cup evaporated milk
- ☐ 2 teaspoons paprika
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 0.5 teaspoon salt
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

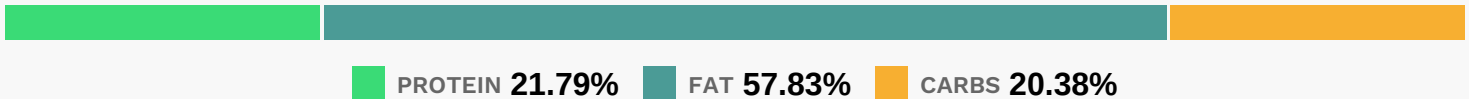
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 13x9 inch baking dish.
- ☐ In a shallow dish, combine the biscuit mix, pecans, paprika, salt, poultry seasoning and sage.
- ☐ Dip the chicken pieces in the evaporated milk then coat generously with the pecan mixture.
- ☐ Place pieces in the prepared baking dish and drizzle with the melted butter or margarine.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:7.9760870130166%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 237.18kcal (11.86%), Fat: 15.21g (23.4%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 11.12g (4.04%), Sugar: 3.56g (3.96%), Cholesterol: 46.14mg (15.38%), Sodium: 393.25mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.8%), Vitamin B3: 4.52mg (22.61%), Phosphorus: 214.16mg (21.42%), Manganese: 0.28mg (14.19%), Selenium: 9.54µg (13.63%), Vitamin B6: 0.23mg (11.59%), Vitamin B2: 0.19mg (11.35%), Vitamin B1: 0.16mg (10.55%), Calcium: 79.76mg (7.98%), Vitamin B5: 0.78mg (7.8%), Zinc: 1.16mg (7.71%), Vitamin A: 372.12IU (7.44%), Iron: 1.2mg (6.68%), Magnesium: 25.12mg (6.28%), Folate: 24.72µg (6.18%), Potassium: 206.07mg (5.89%), Copper: 0.11mg (5.55%), Vitamin B12: 0.25µg (4.21%), Fiber: 0.94g (3.77%), Vitamin K: 3.57µg (3.4%), Vitamin E: 0.42mg (2.83%), Vitamin C: 1.29mg (1.56%)