



Oven-Fried Chicken

READY IN



60 min.

SERVINGS



1

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.4 teaspoon pepper black
- 1 cup sandwich bread white firm (from 3 slices sandwich bread, coarsely ground in a food processor)
- 8 oz .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole with skin and bones (8-ounce)
- 0.1 teaspoon curry powder
- 1 tablespoon dijon mustard
- 0.5 teaspoon juice of lemon fresh
- 1 tablespoon mayonnaise
- 0.8 teaspoon salt

2 tablespoons butter unsalted softened

Equipment

bowl

oven

baking pan

Directions

Put oven rack in middle position and preheat to 450°F.

Bake bread crumbs in a small shallow baking pan until dry but not browned, 2 to 4 minutes.

Transfer to a shallow bowl and mix in 1/2 teaspoon salt and 1/4 teaspoon pepper. Leave oven on.

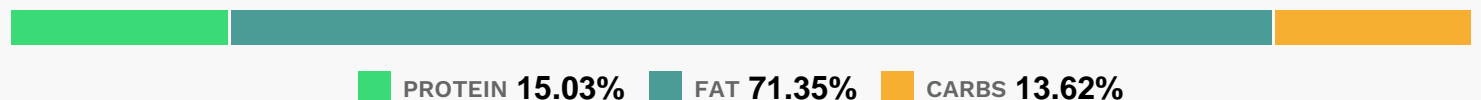
Stir together butter, mustard, mayonnaise, lemon juice, curry powder, and remaining 1/4 teaspoon salt and 1/8 teaspoon pepper in a small bowl.

Brush butter mixture all over chicken, then transfer chicken to bowl of crumbs to coat evenly on both sides, pressing crumbs to help adhere.

Bake chicken, skin sides up, in baking pan until well browned and cooked through, 30 to 40 minutes.

Let chicken stand 5 to 10 minutes (do not cover).

Nutrition Facts



Properties

Glycemic Index:193.78, Glycemic Load:15.97, Inflammation Score:-6, Nutrition Score:17.546956492507%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 706.5kcal (35.33%), Fat: 55.99g (86.14%), Saturated Fat: 22.09g (138.06%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 22.09g (8.03%), Sugar: 2.79g (3.1%), Cholesterol: 186.3mg (62.1%), Sodium: 2324.64mg (101.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.07%), Selenium: 39.5µg (56.43%), Vitamin B3: 8.38mg (41.88%), Vitamin K: 29.55µg (28.14%), Phosphorus: 279.34mg (27.93%), Vitamin B1: 0.36mg (23.71%), Vitamin B6: 0.47mg (23.55%), Manganese: 0.46mg (23.15%), Vitamin B2: 0.31mg (18.52%), Vitamin A: 845.57IU (16.91%), Zinc: 2.46mg (16.42%), Vitamin B5: 1.64mg (16.4%), Iron: 2.84mg (15.78%), Folate: 58.72µg (14.68%), Vitamin B12: 0.79µg (13.14%), Calcium: 129.62mg (12.96%), Magnesium: 46.72mg (11.68%), Vitamin E: 1.61mg (10.74%), Potassium: 363.86mg (10.4%), Copper: 0.16mg (7.88%), Fiber: 1.96g (7.84%), Vitamin D: 0.58µg (3.85%), Vitamin C: 1.31mg (1.59%)