



Oven-Fried Chicken

READY IN



60 min.

SERVINGS



6

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 10.5 lb chicken whole

Equipment

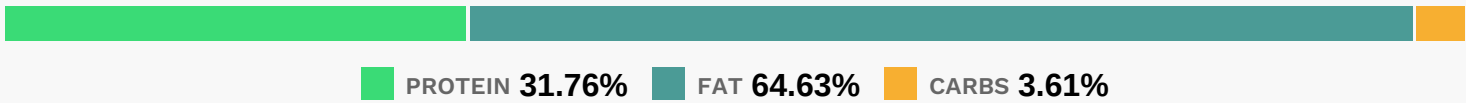
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 425°F. Melt butter in 15x10x1-inch pan in oven.
- ☐ In shallow dish, mix flour, paprika, salt and pepper. Coat chicken with flour mixture.
- ☐ Place chicken, skin sides down, in pan.
- ☐ Bake uncovered 30 minutes. Turn chicken; bake about 20 minutes longer or until juice of chicken is clear when thickest pieces are cut to bone (at least 165°F).

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:5.77, Inflammation Score:-7, Nutrition Score:25.846086932265%

Nutrients (% of daily need)

Calories: 926.07kcal (46.3%), Fat: 65.2g (100.31%), Saturated Fat: 21.31g (133.17%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 7.77g (2.83%), Sugar: 0.07g (0.08%), Cholesterol: 306.1mg (102.03%), Sodium: 521.77mg (22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.08g (144.16%), Vitamin B3: 26.57mg (132.83%), Selenium: 58.52µg (83.6%), Vitamin B6: 1.35mg (67.29%), Phosphorus: 574.79mg (57.48%), Vitamin B5: 3.53mg (35.33%), Zinc: 5.09mg (33.92%), Vitamin B2: 0.52mg (30.36%), Iron: 3.99mg (22.19%), Potassium: 742.29mg (21.21%), Vitamin B1: 0.31mg (20.8%), Vitamin B12: 1.2µg (19.95%), Magnesium: 79.43mg (19.86%), Vitamin A: 934.42IU (18.69%), Folate: 42.38µg (10.6%), Copper: 0.2mg (10.08%), Vitamin E: 1.47mg (9.78%), Manganese: 0.16mg (7.99%), Vitamin C: 6.1mg (7.39%), Vitamin K: 6.81µg (6.49%), Vitamin D: 0.76µg (5.08%), Calcium: 47mg (4.7%), Fiber: 0.42g (1.67%)