

Oven-Fried Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 1 pound chicken breast halves
- ☐ 0.5 pound skin-on chicken drumsticks
- ☐ 0.5 pound strips.
- ☐ 0.3 cup cornmeal
- ☐ 2 large egg whites beaten
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 cup buttermilk low-fat
- ☐ 1 teaspoon salt divided

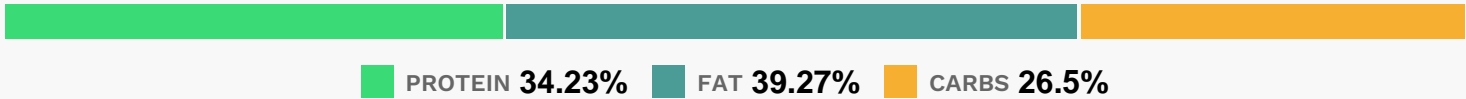
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Cover a large baking sheet with parchment paper.
- ☐ Combine buttermilk and egg whites in a shallow dish; stir well with a whisk.
- ☐ Combine flour, cornmeal, 1/2 teaspoon salt, black pepper, and red pepper in a separate shallow dish; stir well.
- ☐ Sprinkle chicken evenly with remaining 1/2 teaspoon salt. Dip chicken in buttermilk mixture; dredge in flour mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; cook 4 minutes on each side or until lightly browned.
- ☐ Place chicken on prepared baking sheet; lightly coat chicken with cooking spray.
- ☐ Bake at 425 for 30 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:23.43, Inflammation Score:-5, Nutrition Score:25.708260448083%

Nutrients (% of daily need)

Calories: 576.62kcal (28.83%), Fat: 24.68g (37.97%), Saturated Fat: 5.22g (32.63%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 35.25g (12.82%), Sugar: 3.3g (3.67%), Cholesterol: 165.49mg (55.16%), Sodium: 913.55mg (39.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.4g (96.81%), Selenium: 70.4µg (100.57%), Vitamin B3: 18.58mg (92.88%), Vitamin B6: 1.29mg (64.38%), Phosphorus: 511.87mg (51.19%), Vitamin B2: 0.59mg (34.6%), Vitamin B1: 0.46mg (30.49%), Vitamin B5: 3mg (30.05%), Potassium: 822.43mg (23.5%), Zinc: 3mg (19.97%), Magnesium: 78.31mg (19.58%), Manganese: 0.39mg (19.49%), Folate: 74.1µg (18.53%), Iron: 3.01mg (16.72%), Vitamin B12: 0.95µg (15.76%), Vitamin E: 1.77mg (11.81%), Calcium: 92.54mg (9.25%), Fiber: 2.24g (8.94%), Copper: 0.18mg (8.85%), Vitamin K: 8.25µg (7.86%), Vitamin A: 177.98IU (3.56%), Vitamin C: 2.06mg (2.49%), Vitamin D: 0.21µg (1.39%)