



Oven-Fried Chicken

READY IN



60 min.

SERVINGS



4

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup buttermilk
- ☐ 2 tablespoons canola oil
- ☐ 2.5 lb chicken pieces bone-in
- ☐ 2 cloves garlic thinly sliced
- ☐ 2 tablespoons herbs such as parsley mixed fresh chopped
- ☐ 3 cups panko bread crumbs
- ☐ 0.5 teaspoon paprika
- ☐ 4 servings salt and pepper

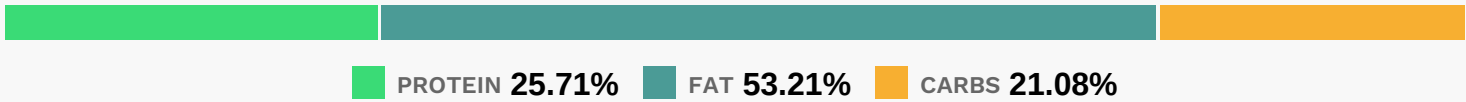
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Trim chicken; season with salt and pepper.
- ☐ Place in a shallow dish large enough to hold chicken in a single layer.
- ☐ Whisk buttermilk, garlic and herbs.
- ☐ Pour over chicken and set aside to marinate for 30 minutes.
- ☐ Preheat oven to 425F. Line a large baking sheet with foil. Coat a wire rack with cooking spray; place on sheet.
- ☐ In a shallow bowl, combine panko, paprika, 1/2 tsp. salt and 1/4 tsp. pepper.
- ☐ Remove chicken from marinade; discard excess. Dredge chicken in panko mixture, shake off excess and arrange on rack.
- ☐ Drizzle with oil.
- ☐ Bake until chicken is golden brown and cooked through, 40 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:24.82391328397%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:

0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 694.96kcal (34.75%), Fat: 40.46g (62.24%), Saturated Fat: 10.51g (65.72%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 33.87g (12.32%), Sugar: 5.78g (6.42%), Cholesterol: 151.18mg (50.39%), Sodium: 722.68mg (31.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.98g (87.96%), Vitamin B3: 16.21mg (81.06%), Selenium: 41.55µg (59.36%), Vitamin K: 44.06µg (41.96%), Phosphorus: 412.87mg (41.29%), Vitamin B1: 0.58mg (38.97%), Vitamin B6: 0.78mg (38.83%), Vitamin B2: 0.52mg (30.74%), Manganese: 0.49mg (24.27%), Zinc: 3.46mg (23.04%), Iron: 4.13mg (22.95%), Vitamin B5: 2.25mg (22.54%), Calcium: 178.72mg (17.87%), Vitamin B12: 1.03µg (17.19%), Folate: 65.92µg (16.48%), Magnesium: 65.73mg (16.43%), Potassium: 556.38mg (15.9%), Vitamin A: 660.64IU (13.21%), Vitamin E: 1.97mg (13.14%), Copper: 0.23mg (11.58%), Fiber: 2.21g (8.84%), Vitamin D: 1.17µg (7.77%), Vitamin C: 6.21mg (7.53%)