



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 bread crumbs white firm (from 3 slices sandwich bread, coarsely ground in a food processor)
- ☐ 8 oz chicken breast and 1 leg whole with skin and bones (8-ounce)
- ☐ 0.1 teaspoon rounded 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

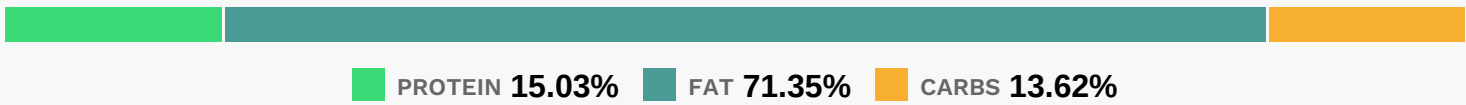
Equipment

- ☐ 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: Og (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%)