

Oven-Fried Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper white
- ☐ 0.5 cup no-salt-added chicken broth undiluted canned
- ☐ 1.5 tablespoons butter reduced-calorie
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 cup evaporated skimmed milk

- ☐ 0.5 teaspoon thyme leaves dried whole
- ☐ 3 pound broiler-fryer
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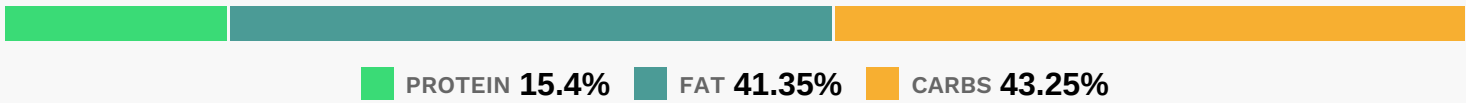
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a shallow dish; stir well. Dredge chicken pieces in crumb mixture, coating each piece well.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 45 minutes or until chicken is done.
- ☐ Melt margarine in a small saucepan over medium heat.
- ☐ Combine milk, broth, and flour; stir until smooth. Gradually add to margarine, stirring constantly. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Stir in salt and white pepper.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:2.06, Inflammation Score:-4, Nutrition Score:3.2926086890309%

Nutrients (% of daily need)

Calories: 70.57kcal (3.53%), Fat: 3.28g (5.05%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.28g (2.65%), Sugar: 2.41g (2.68%), Cholesterol: 1.23mg (0.41%), Sodium: 185.82mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin A: 376.3IU (7.53%), Calcium: 67.22mg (6.72%), Phosphorus: 61.94mg (6.19%), Vitamin B1: 0.09mg (5.87%), Vitamin B2: 0.1mg (5.64%), Vitamin B12: 0.28µg (4.6%), Manganese: 0.08mg (4.21%), Selenium: 2.83µg (4.04%), Vitamin B3: 0.8mg (4.02%), Iron: 0.56mg (3.13%),

Potassium: 107.51mg (3.07%), Vitamin D: 0.45µg (2.99%), Folate: 10.65µg (2.66%), Magnesium: 8.65mg (2.16%), Zinc: 0.31mg (2.05%), Vitamin K: 2.14µg (2.04%), Vitamin B6: 0.04mg (2.02%), Vitamin B5: 0.19mg (1.94%), Fiber: 0.45g (1.8%), Copper: 0.03mg (1.53%), Vitamin E: 0.22mg (1.45%)