



Oven-Fried Chicken III

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

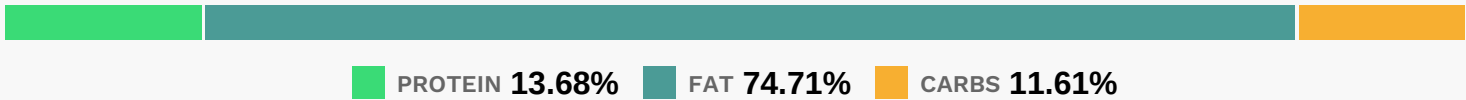
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl or gallon size resealable plastic bag, mix together the bread crumbs, garlic powder, salt, pepper, thyme and paprika.
- ☐ Coat the chicken pieces with mayonnaise.
- ☐ Place chicken pieces in bowl/bag with bread crumb mixture and coat/shake until well coated.
- ☐ Place chicken pieces in a lightly greased 9x13 inch baking dish and bake for 45 minutes or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:13.92565219817%

Nutrients (% of daily need)

Calories: 581.31kcal (29.07%), Fat: 47.83g (73.58%), Saturated Fat: 9.27g (57.95%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 15.46g (5.62%), Sugar: 1.64g (1.82%), Cholesterol: 84.13mg (28.04%), Sodium: 969.34mg (42.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Vitamin K: 80µg (76.19%), Vitamin B3: 7.4mg (36.98%), Selenium: 19.2µg (27.43%), Vitamin B1: 0.27mg (18.02%), Phosphorus: 177.22mg (17.72%), Vitamin B6: 0.35mg (17.55%), Manganese: 0.3mg (14.76%), Iron: 2.29mg (12.71%), Vitamin E: 1.83mg (12.2%), Vitamin B2: 0.2mg (12.05%), Zinc: 1.57mg (10.44%), Vitamin B5: 1mg (10.04%), Folate: 31.57µg (7.89%), Magnesium: 29.11mg (7.28%), Potassium: 234.65mg (6.7%), Vitamin B12: 0.4µg (6.66%), Calcium: 59.46mg (5.95%), Copper: 0.12mg (5.87%), Vitamin A: 259.34IU (5.19%), Fiber: 1.27g (5.08%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.26µg (1.76%)