



Oven-Fried Chicken with Biscuits

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 2.5 lb chicken whole
- ☐ 0.7 cup milk
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 0.5 cup frangelico
- ☐ 2.3 cups frangelico

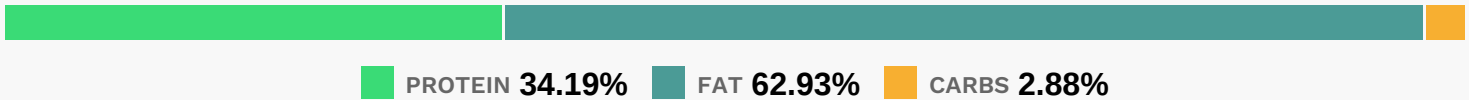
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. In shallow bowl, stir 1/2 cup Bisquick mix, the salt, paprika and pepper. Coat chicken with Bisquick mixture; place skin sides down in pan.
- ☐ Bake 35 minutes.
- ☐ In medium bowl, stir all biscuit ingredients until soft dough forms.
- ☐ Turn chicken, pushing pieces to one side of pan. Drop dough by 8 (1/4-cup) spoonfuls into pan in single layer next to chicken.
- ☐ Bake about 15 minutes longer or until biscuits are light golden brown and juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs).

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:10.876956527648%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 318.71kcal (15.94%), Fat: 21.86g (33.64%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2.04g (0.74%), Sugar: 2.01g (2.23%), Cholesterol: 106.94mg (35.65%), Sodium: 692.47mg (30.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.46%), Vitamin B3: 9.35mg (46.75%), Selenium: 20.41µg (29.15%), Vitamin B6: 0.51mg (25.61%), Phosphorus: 242.9mg (24.29%), Vitamin B5: 1.4mg (14.04%), Vitamin B2: 0.23mg (13.28%), Zinc: 1.97mg (13.16%), Vitamin B12: 0.64µg (10.69%), Vitamin A: 507.55IU (10.15%), Potassium: 331.65mg (9.48%), Magnesium: 33.24mg (8.31%), Iron: 1.35mg (7.5%), Vitamin B1: 0.11mg

(7.08%), Calcium: 67.12mg (6.71%), Vitamin D: 0.72µg (4.8%), Vitamin E: 0.58mg (3.84%), Copper: 0.07mg (3.57%),
Vitamin K: 3.59µg (3.42%), Vitamin C: 2.25mg (2.73%), Manganese: 0.05mg (2.65%), Folate: 8.51µg (2.13%)