



## Oven-Fried Chicken with Sweet Onion-Mushroom Gravy

READY IN



355 min.

SERVINGS



5

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons salt
- 0.5 cup brown sugar packed
- 1 tablespoon blackstrap molasses
- 1 tablespoon paprika
- 2 cloves garlic smashed
- 1 bay leaves dried
- 3.5 cups buttermilk
- 1.5 lb chicken breast halves boneless skinless

- 1 lb chicken thighs boneless skinless
- 2 cups flour all-purpose
- 2 teaspoons pepper freshly ground
- 1 eggs
- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 tablespoons dijon mustard
- 0.5 cup buttermilk
- 0.3 cup butter
- 2 teaspoons vegetable oil
- 1 tablespoon butter
- 1.5 cups onion sweet thinly sliced
- 1 teaspoon brown sugar light packed
- 0.3 teaspoon salt
- 1 tablespoon butter
- 0.5 cup mushrooms finely chopped
- 0.3 cup wine dry white
- 2 tablespoons flour all-purpose
- 1.5 teaspoons sage dried fresh chopped
- 1.8 cups chicken broth

## Equipment

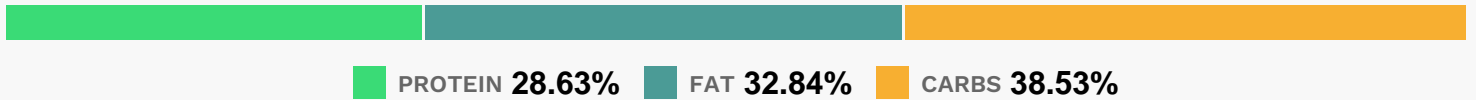
- bowl
- frying pan
- paper towels
- oven
- whisk
- wire rack
- slotted spoon

## Directions

- In 2-gallon resealable plastic food-storage bag, mix all brine ingredients except buttermilk.
- Add 3 1/2 cups buttermilk and seal bag. Use your hands to knead bag to mix in salt and spices, about 2 minutes.
- Add chicken to bag and reseal bag. Refrigerate at least 3 hours but no more than 5 hours.
- In 1-gallon resealable plastic food-storage bag, mix 2 cups flour, and the ground pepper.
- Place large wire rack on 15x10x1-inch pan.
- Remove chicken from brine and pat dry on paper towels.
- Place chicken pieces, two at a time, in bag of seasoned flour; seal bag and shake well to lightly coat.
- Remove chicken and place on wire rack. Repeat with remaining chicken. Set bag of remaining seasoned flour aside. Discard brine. After chicken is coated, refrigerate uncovered at least 15 minutes.
- In medium bowl, beat egg, baking powder, baking soda and mustard with wire whisk until well blended.
- Add 1/2 cup buttermilk and beat well until blended.
- Dip each piece of chicken into egg mixture and return to bag of seasoned flour. Shake dipped chicken again, remove from bag and return to wire rack.
- Adjust oven rack to middle position.
- Heat oven to 425°F.
- Place 1/4 cup butter in 15x10x1-inch pan; place in oven to melt.
- Remove pan from oven and place chicken in melted butter in pan.
- Bake 20 minutes.
- Remove from oven and turn chicken pieces over.
- Bake 10 to 20 minutes longer or until coating is golden brown and crispy, and juice of chicken is clear when center of thickest part is cut (170°F for breasts; 180°F for thighs).
- As soon as chicken is in oven, in 10-inch skillet, heat oil and 1 tablespoon butter over medium heat until butter stops sizzling.
- Add onion, brown sugar and 1/4 teaspoon salt. Cook 20 minutes, stirring occasionally, until onion is soft and golden brown. (Do not rush by turning up the heat.)

- Remove onion from skillet, using slotted spoon; set onion aside.
- Add remaining 1 tablespoon butter and the mushrooms to skillet. Cook over medium heat 4 minutes, stirring occasionally, until mushrooms lose some liquid and brown around edges.
- Add wine and quickly stir and scrape any browned bits of mushroom or onion that may be stuck to pan. Cook 3 minutes longer or until wine evaporates. Return onion to skillet and sprinkle 2 tablespoons flour and the sage over mushrooms and onion. Stir well and cook 2 minutes, stirring constantly.
- Slowly stir in broth. Cook, stirring constantly, until gravy comes to a simmer. Simmer 4 to 5 minutes or until thickened.
- Serve gravy with chicken.

## Nutrition Facts



### Properties

Glycemic Index:130.8, Glycemic Load:34.16, Inflammation Score:-9, Nutrition Score:42.104782394741%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

### Nutrients (% of daily need)

Calories: 866.7kcal (43.34%), Fat: 31.1g (47.85%), Saturated Fat: 14.78g (92.39%), Carbohydrates: 82.13g (27.38%), Net Carbohydrates: 79.27g (28.83%), Sugar: 37.93g (42.15%), Cholesterol: 265.22mg (88.41%), Sodium: 4003.79mg (174.08%), Alcohol: 1.24g (100%), Alcohol %: 0.23% (100%), Protein: 61.01g (122.01%), Selenium: 95.78µg (136.82%), Vitamin B3: 23.42mg (117.08%), Copper: 2.17mg (108.31%), Vitamin B6: 1.7mg (84.75%), Phosphorus: 763.43mg (76.34%), Vitamin B2: 1.06mg (62.12%), Vitamin B1: 0.74mg (49.45%), Vitamin B5: 4.47mg (44.71%), Manganese: 0.8mg (40.05%), Calcium: 381.32mg (38.13%), Potassium: 1312.93mg (37.51%), Folate: 134.43µg (33.61%), Vitamin B12: 1.86µg (31.06%), Vitamin A: 1550.03IU (31%), Iron: 5.19mg (28.84%), Magnesium: 114.48mg (28.62%), Zinc: 3.72mg (24.82%), Vitamin D: 2.83µg (18.85%), Fiber: 2.85g (11.42%), Vitamin E: 1.69mg (11.28%), Vitamin K: 10.85µg (10.34%), Vitamin C: 4.55mg (5.51%)