



# Oven-Fried Chipotle Chili Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2.3 cups breadcrumbs fresh white fine
- 0.3 teaspoons ground pepper to taste
- 1.5 pounds skin-on chicken drumsticks
- 1 pound chicken wings
- 2 chipotles in adobo whole canned (available at Mexican and Hispanic markets)
- 0.8 cup mayonnaise

## Equipment

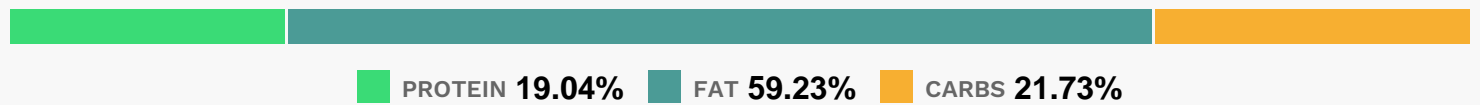
- food processor

- bowl
- oven
- baking pan
- roasting pan

## Directions

- In a food processor blend together the chipotles, the mayonnaise, and salt and pepper to taste until the mixture is smooth. In a baking pan arrange the chicken pieces in one layer and coat them completely with the mayonnaise mixture. Chill the chicken, covered, for at least 1 hour or overnight.
- In a large bowl combine the bread crumbs, the cayenne, salt and pepper to taste and coat each piece of chicken with the bread crumb mixture, patting the mixture on lightly. Arrange the chicken pieces on the lightly oiled racks of 2 roasting pans and bake them in a preheated 425°F oven, turning them once carefully, for 30 minutes. Reduce the temperature to 375°F. and bake the chicken for 10 to 20 minutes more, or until it is cooked through.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:16.840869417657%

## Nutrients (% of daily need)

Calories: 565.4kcal (28.27%), Fat: 36.68g (56.43%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 27.93g (10.16%), Sugar: 3.01g (3.35%), Cholesterol: 113.09mg (37.7%), Sodium: 583.15mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.07%), Vitamin K: 50.28µg (47.89%), Selenium: 31.92µg (45.61%), Vitamin B3: 8.79mg (43.94%), Vitamin B1: 0.48mg (31.72%), Phosphorus: 252.96mg (25.3%), Vitamin B6: 0.45mg (22.42%), Manganese: 0.4mg (19.8%), Vitamin B2: 0.33mg (19.54%), Zinc: 2.63mg (17.55%), Iron: 3.01mg (16.71%), Vitamin B5: 1.37mg (13.7%), Folate: 48.74µg (12.18%), Vitamin B12: 0.72µg (12.06%), Magnesium: 40.37mg (10.09%), Fiber: 2.35g (9.38%), Potassium: 319.77mg (9.14%), Calcium: 88.97mg (8.9%), Copper: 0.17mg (8.6%), Vitamin E: 1.24mg (8.28%), Vitamin A: 148.08IU (2.96%), Vitamin D: 0.17µg (1.15%)