



Oven-Fried Panko Chicken

READY IN



60 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 3.5 pounds chicken dry rinsed cut into 10 serving pieces (breasts cut crosswise in half)
- ☐ 2 cups panko bread crumbs (Japanese bread crumbs)
- ☐ 1 stick butter unsalted softened

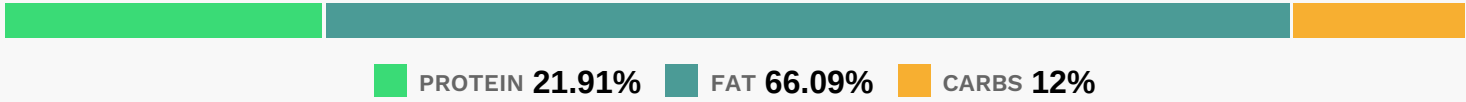
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Stir together panko, cayenne, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a pie plate.
- ☐ Stir together butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a small bowl, then brush all over chicken.
- ☐ Add chicken, 2 pieces at a time, to crumb mixture and coat evenly on both sides, pressing chicken into crumbs to help them adhere, then transfer, skin side up, to a shallow baking pan.
- ☐ Bake chicken until well browned and cooked through, 30 to 40 minutes.
- ☐ Let stand, uncovered, 5 to 10 minutes to crisp.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:12.56217385375%

Nutrients (% of daily need)

Calories: 487.63kcal (24.38%), Fat: 35.49g (54.6%), Saturated Fat: 15.39g (96.21%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 13.56g (4.93%), Sugar: 1.27g (1.41%), Cholesterol: 135.75mg (45.25%), Sodium: 237.43mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.47g (52.95%), Vitamin B3: 9.99mg (49.93%), Selenium: 23.53µg (33.62%), Vitamin B6: 0.47mg (23.67%), Phosphorus: 224.71mg (22.47%), Vitamin B1: 0.27mg (18.07%), Vitamin A: 717.8IU (14.36%), Vitamin B2: 0.24mg (14.17%), Zinc: 1.97mg (13.17%), Vitamin B5: 1.29mg (12.87%), Iron: 2.13mg (11.81%), Manganese: 0.21mg (10.6%), Magnesium: 34.63mg (8.66%), Vitamin B12: 0.5µg (8.26%), Potassium: 287.12mg (8.2%), Folate: 29.76µg (7.44%), Vitamin E: 0.88mg (5.89%), Copper: 0.12mg (5.78%), Calcium: 55.34mg (5.53%), Vitamin K: 4.68µg (4.45%), Fiber: 0.95g (3.78%), Vitamin D: 0.54µg (3.58%), Vitamin C: 2.16mg (2.62%)