



## Oven-Fried Ranch Chicken

READY IN



110 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups buttermilk
- 3 lb chicken whole
- 6.5 oz just-add-water cornbread mix betty crocker®
- 0.1 teaspoon ground pepper red (cayenne)
- 1 teaspoon paprika
- 1 teaspoon pepper
- 2 oz ranch seasoning
- 0.5 teaspoon lawry's seasoned salt

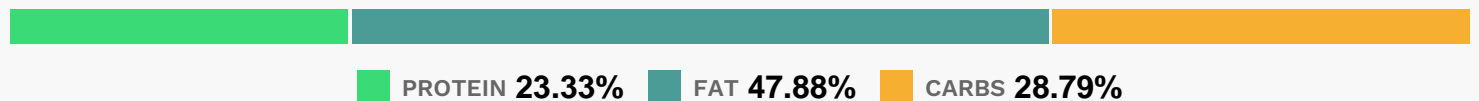
## Equipment

- frying pan
- oven
- ziploc bags

## Directions

- In large resealable food-storage plastic bag, mix buttermilk, dressing mix and chicken. Seal bag; turn bag several times to coat chicken. Refrigerate at least 1 hour or overnight.
- Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. In shallow dish, mix breading ingredients.
- Remove chicken pieces one at a time from buttermilk mixture. Dip chicken in breading, turning to coat completely; shake off excess.
- Place chicken, bone side down, in pan. Lightly spray top of chicken with cooking spray.
- Bake 35 to 40 minutes or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and drumsticks).
- Garnish with parsley sprigs.

## Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:1.9, Inflammation Score:-6, Nutrition Score:20.386086878569%

## Nutrients (% of daily need)

Calories: 660.31kcal (33.02%), Fat: 34.28g (52.73%), Saturated Fat: 10.76g (67.26%), Carbohydrates: 46.37g (15.46%), Net Carbohydrates: 43.06g (15.66%), Sugar: 15.29g (16.99%), Cholesterol: 136.59mg (45.53%), Sodium: 1970.93mg (85.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.58g (75.16%), Vitamin B3: 12.81mg (64.07%), Phosphorus: 569.86mg (56.99%), Selenium: 30.6µg (43.71%), Vitamin B6: 0.69mg (34.37%), Vitamin B2: 0.54mg (31.49%), Vitamin B1: 0.35mg (23.57%), Vitamin B5: 2.18mg (21.83%), Zinc: 2.89mg (19.25%), Calcium: 185.85mg (18.59%), Vitamin B12: 1.1µg (18.33%), Iron: 2.82mg (15.66%), Potassium: 542.04mg (15.49%), Vitamin A: 754.6IU (15.09%), Folate: 59.04µg (14.76%), Magnesium: 57.56mg (14.39%), Fiber: 3.31g (13.25%), Manganese: 0.25mg (12.73%), Vitamin D: 1.89µg (12.58%), Copper: 0.16mg (7.91%), Vitamin K: 6.38µg (6.08%), Vitamin E: 0.82mg

(5.45%), Vitamin C: 2.71mg (3.29%)