



Panko Crusted Chicken Legs

 Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 chicken legs
- ☐ 1 tablespoon chili sauce red such as srirachi hot chili sauce
- ☐ 1 inch ginger fresh minced
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup hoisin sauce
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup soya sauce low sodium
- ☐ 2 cups panko bread crumbs

- ☐ 0.3 cup vegetable oil; peanut oil preferred plus more for greasing baking sheet
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 cup roasted peanuts crushed
- ☐ 0.3 cup sake
- ☐ 4 scallions sliced thin

Equipment

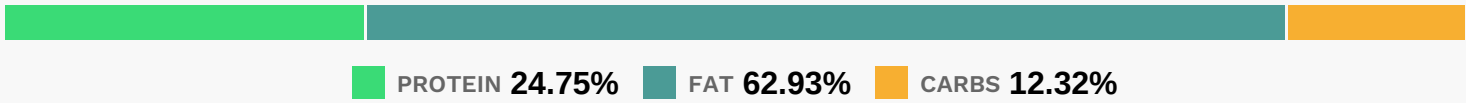
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ziploc bags

Directions

- ☐ Rinse the chicken legs and pat dry with paper towels. In a shallow dish or plastic bag, combine the sake, 1/4 cup soy sauce, oil, ginger, garlic, and half the scallions.
- ☐ Add the chicken legs, cover, and refrigerate for at least 2 hours.
- ☐ Preheat oven to 350 degrees F.
- ☐ Lightly grease a baking sheet with peanut oil.
- ☐ Place panko bread crumbs in a large plastic or paper bag, season with salt and pepper, and shake well to combine. Take 2 or 3 chicken legs at a time from the marinade and shake them in the seasoned bread crumbs until well coated.
- ☐ Place the breaded chicken legs on a baking sheet.
- ☐ Bake for 15 minutes, turn the pieces over, and bake for 15 minutes more or until cooked through.
- ☐ Remove chicken to a wire rack to cool.
- ☐ Make the sauce by whisking hoisin, chili sauce, vinegar, and remaining 1 teaspoon soy sauce together.

- ☐
- Place chicken legs in a single layer on a platter, drizzle with sauce and scatter over the crushed peanuts and remaining scallions.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:24.447391385617%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 799.3kcal (39.97%), Fat: 54.6g (84%), Saturated Fat: 13.55g (84.67%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 21.86g (7.95%), Sugar: 4.98g (5.54%), Cholesterol: 239.95mg (79.98%), Sodium: 992.83mg (43.17%), Alcohol: 1.61g (100%), Alcohol %: 0.6% (100%), Protein: 48.31g (96.62%), Selenium: 52.66µg (75.22%), Vitamin B3: 14.79mg (73.95%), Phosphorus: 486.46mg (48.65%), Vitamin B6: 0.92mg (45.95%), Vitamin B2: 0.51mg (30.02%), Zinc: 4.39mg (29.24%), Vitamin B5: 2.82mg (28.2%), Vitamin B1: 0.42mg (27.77%), Manganese: 0.51mg (25.28%), Vitamin B12: 1.51µg (25.21%), Vitamin K: 24.25µg (23.1%), Magnesium: 81.55mg (20.39%), Potassium: 708.53mg (20.24%), Iron: 3.34mg (18.58%), Vitamin E: 2.17mg (14.46%), Copper: 0.27mg (13.56%), Folate: 52.23µg (13.06%), Fiber: 2.2g (8.78%), Calcium: 83.89mg (8.39%), Vitamin A: 335.2IU (6.7%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.26µg (1.72%)