



## Pat and Gina's Oven Fried Chicken

 Dairy Free  Popular

READY IN



55 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon cayenne pepper
- 3 pound meat from a rotisserie chicken skinless cut into 8 pieces,
- 1 tablespoon dijon mustard
- 2 large eggs beaten
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 1 tablespoon honey
- 1 tablespoon hot sauce

- 8 servings kosher salt and pepper black freshly ground
- 2.5 cups panko bread crumbs
- 2 teaspoons salt
- 0.5 teaspoon paprika smoked

## Equipment

- bowl
- oven
- whisk
- wire rack
- kitchen thermometer

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F. Fit a sheet tray with a wire rack and spray with nonstick cooking spray.
- In a pie plate or shallow bowl, whisk the eggs, mustard, honey, hot sauce, and salt and pepper, to taste, together until thoroughly combined.
- Add the panko, salt and pepper, to taste, the paprika, cayenne, and garlic powder to another pie plate and whisk to combine.
- Dredge the chicken through the wet mixture, then the dry mixture, patting the breading on so it adheres. Arrange on a wire rack lined sheet tray, making sure there is ample space between each piece of chicken. Give the chicken a spritz of the olive cooking spray. This will help brown and crisp up the coating.
- Put on the upper rack of the oven and bake until the chicken is golden and crisp. The temperature should register 160 degrees F on an instant-read thermometer in the thickest part of the chicken, about 45 minutes.
- Transfer to a serving platter and serve.

## Nutrition Facts



■ PROTEIN 28.39% ■ FAT 47.95% ■ CARBS 23.66%

## Properties

Glycemic Index:25.03, Glycemic Load:1.17, Inflammation Score:-3, Nutrition Score:10.140869565632%

## Nutrients (% of daily need)

Calories: 278.21kcal (13.91%), Fat: 14.58g (22.44%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 15.13g (5.5%), Sugar: 3.43g (3.82%), Cholesterol: 107.74mg (35.91%), Sodium: 857.41mg (37.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.85%), Vitamin B3: 6.85mg (34.23%), Selenium: 21.03µg (30.04%), Phosphorus: 179.34mg (17.93%), Vitamin B6: 0.34mg (17.03%), Vitamin B1: 0.24mg (16.05%), Vitamin B2: 0.24mg (13.93%), Manganese: 0.24mg (11.82%), Iron: 1.97mg (10.95%), Vitamin B5: 1.05mg (10.54%), Zinc: 1.54mg (10.24%), Folate: 31.33µg (7.83%), Vitamin B12: 0.43µg (7.17%), Magnesium: 27.72mg (6.93%), Potassium: 223.17mg (6.38%), Vitamin A: 274.57IU (5.49%), Calcium: 53.57mg (5.36%), Copper: 0.1mg (5.19%), Fiber: 1.06g (4.24%), Vitamin C: 2.59mg (3.14%), Vitamin E: 0.46mg (3.05%), Vitamin K: 3.09µg (2.94%), Vitamin D: 0.41µg (2.76%)