



Roasted Garlic Oven-Baked Chicken

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



1450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 0.5 cup buttermilk
- 10.5 pound chicken
- 1 eggs
- 0.5 teaspoon ground pepper red (cayenne)
- 4.7 oz roasted garlic mashed

Equipment

- frying pan

- oven
- whisk

Directions

- Heat oven to 425F. Spray rectangular pan, 13x9x2 inches, with cooking spray.
- In shallow dish, stir together potatoes (dry) and red pepper. In another shallow dish, beat egg with fork or wire whisk until foamy; stir in buttermilk.
- Dip chicken pieces into egg mixture, then roll in potato mixture to coat.
- Place in pan skin side down.
- Drizzle with butter. Discard any leftover potato and egg mixtures.
- Bake uncovered 30 minutes. Turn chicken; bake 20 to 25 minutes longer or until coating is golden brown and juice of chicken is clear when thickest pieces are cut to bone (170F for breasts; 180F for thighs and legs).

Nutrition Facts

PROTEIN 31.1% **FAT 65.29%** **CARBS 3.61%**

Properties

Glycemic Index:23.25, Glycemic Load:3.58, Inflammation Score:-9, Nutrition Score:39.044347731963%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1449.55kcal (72.48%), Fat: 103.55g (159.31%), Saturated Fat: 28.74g (179.65%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.11g (4.4%), Sugar: 1.86g (2.07%), Cholesterol: 472.86mg (157.62%), Sodium: 631.31mg (27.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.97g (221.94%), Vitamin B3: 39.16mg (195.82%), Selenium: 91.54µg (130.77%), Vitamin B6: 2.45mg (122.54%), Phosphorus: 943.47mg (94.35%), Vitamin B5: 5.7mg (56.98%), Zinc: 8.14mg (54.24%), Vitamin B2: 0.83mg (49.04%), Potassium: 1282.42mg (36.64%), Vitamin A: 1692.71IU (33.85%), Vitamin B12: 2.03µg (33.78%), Manganese: 0.67mg (33.74%), Iron: 5.93mg (32.95%), Magnesium: 127.9mg (31.98%), Vitamin B1: 0.43mg (28.72%), Vitamin C: 19.77mg (23.96%), Copper: 0.39mg (19.51%), Calcium: 169.87mg (16.99%), Vitamin E: 2.54mg (16.92%), Vitamin D: 1.75µg (11.69%), Folate: 42.42µg (10.6%), Vitamin K: 9.46µg (9.01%), Fiber: 0.77g (3.07%)