



Roasted Garlic Oven-Baked Chicken

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



4817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

- frying pan

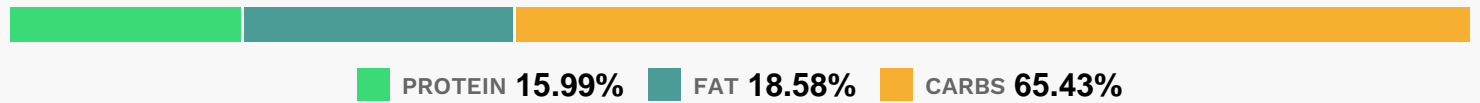
oven

whisk

Directions

- Heat oven to 425°F. 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 (170°F for breasts; 180°F for thighs and legs).

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:376.85, Inflammation Score:-6, Nutrition Score:18.795217539953%

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: 4816.79kcal (240.84%), Fat: 100.82g (155.11%), Saturated Fat: 16.02g (100.11%), Carbohydrates: 798.73g (266.24%), Net Carbohydrates: 666.99g (242.54%), Sugar: 1.86g (2.07%), Cholesterol: 44.22mg (14.74%), Sodium: 231.24mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 195.18g (390.35%), Fiber: 131.74g (526.97%), Iron: 50.08mg (278.23%), Calcium: 702.34mg (70.23%), Manganese: 0.57mg (28.31%), Vitamin B6: 0.45mg (22.52%), Vitamin A: 892.57IU (17.85%), Selenium: 9.24µg (13.2%), Vitamin C: 10.62mg (12.87%), Phosphorus: 103.33mg (10.33%), Vitamin B2: 0.15mg (8.69%), Vitamin B1: 0.09mg (5.86%), Copper: 0.12mg (5.8%), Potassium: 202.24mg (5.78%), Vitamin E: 0.82mg (5.49%), Vitamin B5: 0.5mg (4.97%), Zinc: 0.65mg (4.32%), Vitamin B12: 0.25µg (4.25%), Vitamin D: 0.61µg (4.07%), Magnesium: 13.6mg (3.4%), Folate: 8.12µg (2.03%), Vitamin B3: 0.29mg (1.47%)