



Spicy Oven-Fried Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 cup unseasoned breadcrumbs dry
- ☐ 3 tablespoons butter melted
- ☐ 1.3 cups buttermilk
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 12 chicken pieces with skin and bones (breasts, thighs and drumsticks)
- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 garlic cloves minced

- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 large onion sliced
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 3 tablespoons pepper sauce hot
- ☐ 2 teaspoons salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

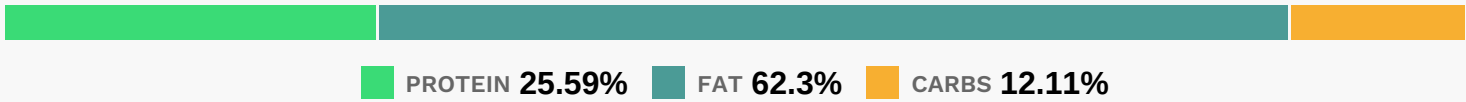
Directions

- ☐ Whisk buttermilk, oil, hot pepper sauce, mustard, garlic, 1 teaspoon salt and 1/2 teaspoon pepper in large bowl to blend well.
- ☐ Add onion, then chicken and turn to coat. Cover; chill at least 3 hours or up to 1 day, turning chicken occasionally.
- ☐ Place racks on 2 large rimmed baking sheets.
- ☐ Whisk breadcrumbs, cheese, flour, thyme, paprika, cayenne and 1 teaspoon salt in large baking dish to blend.
- ☐ Remove chicken from marinade, allowing excess to drip off.
- ☐ Add chicken to breadcrumb mixture and turn to coat completely. Arrange chicken, skin side up, on racks on baking sheets.
- ☐ Let stand 30 minutes.
- ☐ Preheat oven to 425°F.
- ☐ Drizzle butter over chicken.
- ☐ Bake until crisp, golden and cooked through, about 50 minutes.

☐

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:4.3, Inflammation Score:-8, Nutrition Score:24.647391402203%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 788.87kcal (39.44%), Fat: 54.01g (83.1%), Saturated Fat: 16.89g (105.55%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 21.71g (7.9%), Sugar: 4.84g (5.38%), Cholesterol: 198.78mg (66.26%), Sodium: 1492.12mg (64.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.93g (99.86%), Vitamin B3: 17.41mg (87.04%), Selenium: 45.48µg (64.97%), Phosphorus: 471.43mg (47.14%), Vitamin B6: 0.92mg (46.1%), Vitamin B2: 0.5mg (29.7%), Vitamin B1: 0.41mg (27.15%), Zinc: 3.89mg (25.95%), Vitamin B5: 2.51mg (25.07%), Iron: 3.95mg (21.93%), Manganese: 0.38mg (19%), Calcium: 186.91mg (18.69%), Vitamin B12: 1.1µg (18.28%), Potassium: 626.93mg (17.91%), Magnesium: 69.27mg (17.32%), Vitamin K: 17.43µg (16.6%), Vitamin A: 808.85IU (16.18%), Vitamin E: 2.39mg (15.93%), Vitamin C: 11.04mg (13.38%), Folate: 52.43µg (13.11%), Copper: 0.2mg (10.24%), Vitamin D: 1.14µg (7.6%), Fiber: 1.9g (7.6%)