



Spicy Oven-Fried Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- 4 strips.
- 1.5 teaspoons chili powder
- 3 cups corn chips crushed finely
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 3 tablespoons mayonnaise

Equipment

frying pan

oven

Directions

Stir together first 4 ingredients in a shallow dish. Rub chicken with mayonnaise; dredge in corn chip mixture.

Place in a 15- x 10-inch jellyroll pan coated with cooking spray. Coat chicken with cooking spray.

Bake at 400 on the lowest oven rack for 30 minutes (do not turn). Cover and bake 15 more minutes.

Serve warm.

Nutrition Facts



PROTEIN 18.33% **FAT 65.34%** **CARBS 16.33%**

Properties

Glycemic Index:15, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:23.267391488604%

Nutrients (% of daily need)

Calories: 953.96kcal (47.7%), Fat: 69.38g (106.74%), Saturated Fat: 14.79g (92.46%), Carbohydrates: 39g (13%), Net Carbohydrates: 36.05g (13.11%), Sugar: 0.3g (0.34%), Cholesterol: 234.95mg (78.32%), Sodium: 613.97mg (26.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.79g (87.58%), Selenium: 49.79µg (71.12%), Vitamin B3: 12mg (60%), Phosphorus: 512.73mg (51.27%), Vitamin B6: 0.93mg (46.41%), Vitamin E: 5.93mg (39.55%), Vitamin B5: 2.83mg (28.27%), Zinc: 4.22mg (28.15%), Vitamin K: 27.42µg (26.11%), Vitamin B12: 1.46µg (24.29%), Magnesium: 95.75mg (23.94%), Vitamin B2: 0.39mg (23.08%), Potassium: 611.63mg (17.48%), Manganese: 0.35mg (17.44%), Iron: 2.77mg (15.37%), Vitamin B1: 0.21mg (14.27%), Fiber: 2.94g (11.78%), Calcium: 117.5mg (11.75%), Copper: 0.21mg (10.33%), Vitamin A: 439.03IU (8.78%), Folate: 14.67µg (3.67%), Vitamin D: 0.26µg (1.75%)