

Tater Crisp Chicken

 **Gluten Free**  **Low Fod Map**

READY IN



80 min.

SERVINGS



10

CALORIES



481 kcal

Ingredients

- 1 cup butter melted
- 10 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- 2 cups potatoes dry

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place melted butter or margarine in a shallow dish or bowl, then place potato flakes in a separate shallow dish or bowl.
- Roll chicken pieces in butter or margarine, then in potato flakes.
- Place coated chicken pieces in a 9x13 inch baking dish, skin side up.
- Bake at 400 degrees F (200 degrees C) for 1 hour.

Nutrition Facts

PROTEIN 18.57% **FAT 73.13%** **CARBS 8.3%**

Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:11.409130443697%

Nutrients (% of daily need)

Calories: 480.91kcal (24.05%), Fat: 39.01g (60.01%), Saturated Fat: 17.31g (108.2%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 9.18g (3.34%), Sugar: 0.42g (0.46%), Cholesterol: 168.61mg (56.2%), Sodium: 266.65mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.28g (44.56%), Selenium: 25.02µg (35.75%), Vitamin B3: 6.86mg (34.29%), Vitamin B6: 0.5mg (25%), Phosphorus: 223.84mg (22.38%), Vitamin B5: 1.55mg (15.55%), Vitamin B1: 0.21mg (14.25%), Vitamin A: 687.11IU (13.74%), Zinc: 2mg (13.32%), Vitamin B12: 0.76µg (12.67%), Vitamin C: 9.98mg (12.09%), Vitamin B2: 0.2mg (11.91%), Potassium: 398.71mg (11.39%), Magnesium: 32.85mg (8.21%), Iron: 1.04mg (5.77%), Vitamin E: 0.81mg (5.42%), Vitamin K: 5.6µg (5.33%), Copper: 0.09mg (4.44%), Fiber: 0.79g (3.17%), Folate: 11.35µg (2.84%), Calcium: 20.28mg (2.03%), Manganese: 0.04mg (2%)