



(Web Exclusive) Round 2 : Oven Baked Fried Chicken

READY IN



80 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup buttermilk
- 2 chicken legs
- 2 chicken thighs
- 2 chicken wings
- 1 tablespoon hot sauce
- 2 cups panko breadcrumbs
- 1 tablespoon poultry seasoning
- 4 servings salt and pepper black freshly ground

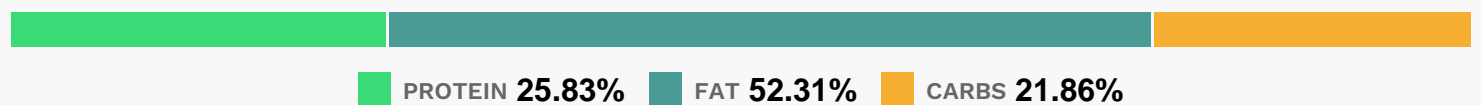
Equipment

- bowl
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- In a large bowl mix together the buttermilk with the hot sauce.
- Add chicken pieces and turn to completely coat.
- Let sit in the refrigerator for 30 minutes.
- Preheat oven to 350 degrees F.
- In a large zip top bag combine the breadcrumbs, poultry seasoning, and salt and pepper, to taste.
- Remove chicken pieces from buttermilk and drain excess liquid.
- Place the chicken in breadcrumb mixture a few pieces at a time and shake to coat completely.
- Remove chicken from bag and place on a nonstick baking sheet and bake for 30 to 40 minutes until breadcrumbs are golden brown and chicken reaches an internal temperature of 175 degrees F.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:17.202608689018%

Nutrients (% of daily need)

Calories: 474.3kcal (23.71%), Fat: 27.16g (41.79%), Saturated Fat: 7.96g (49.72%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 24.05g (8.75%), Sugar: 4.86g (5.4%), Cholesterol: 140.37mg (46.79%), Sodium: 483.94mg (21.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.36%), Selenium: 35.74µg (51.06%), Vitamin B3: 9.18mg (45.9%), Phosphorus: 323.55mg (32.36%), Vitamin B1: 0.42mg (28.17%), Vitamin B6: 0.56mg (27.96%),

Vitamin B2: 0.42mg (24.44%), Vitamin B12: 1.18µg (19.67%), Manganese: 0.38mg (19.23%), Vitamin B5: 1.8mg (17.97%), Zinc: 2.67mg (17.81%), Iron: 2.9mg (16.09%), Calcium: 147.76mg (14.78%), Vitamin K: 13.12µg (12.5%), Potassium: 436.71mg (12.48%), Magnesium: 48.77mg (12.19%), Folate: 41.92µg (10.48%), Copper: 0.18mg (8.78%), Vitamin D: 0.92µg (6.17%), Fiber: 1.5g (5.99%), Vitamin A: 269.78IU (5.4%), Vitamin C: 2.85mg (3.45%), Vitamin E: 0.42mg (2.78%)