

Spicy Oven-Fried Chicken

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-southern-style-oven-fried-chicken-recipe>

Ingredients:

- 1 1/4 cups buttermilk
- 1/4 cup extra-virgin olive oil
- 3 tablespoons hot pepper sauce
- 2 tablespoons Dijon mustard
- 2 garlic cloves minced
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 onion large, sliced
- 12 chicken pieces breasts, thighs and drumsticks with skin and bones
- 1 cup breadcrumbs dry unseasoned
- 1/3 cup grated Parmesan cheese freshly
- 1/4 cup all-purpose flour
- 2 teaspoons dried thyme
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 3 tablespoons butter melted

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 135 milligrams
4. Fat: 41 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 13 grams
8. Sodium: 1370 milligrams
9. Sugar: 4 grams

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