

CRISPY OVEN FRIED CHICKEN

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/oven-fried-chicken-indian-recipe>

Ingredients:

- 8 pieces chicken I used leg and thighs
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 1 teaspoon dried parsley
- 2 teaspoons salt
- 1 1/2 cups flour
- 1 cup milk
- canola spray

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 1230 milligrams
9. Sugar: 4 grams

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