

Oven Fried Southern Hot Honey Chicken

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-hot-honey-recipe>

Ingredients:

- 2 pounds boneless chicken breasts
- 1 cup buttermilk
- 2 teaspoons kosher salt
- 3 cups corn flakes finely crushed
- 3 tablespoons whole wheat flour
- 1 tablespoon chopped fresh thyme
- extra virgin olive oil for brushing
- 6 tablespoons butter
- 2 tablespoons honey
- 3 teaspoons cayenne pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- kosher salt

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 195 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 53 grams
7. SaturatedFat: 14 grams
8. Sodium: 1840 milligrams
9. Sugar: 13 grams

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