

Oven Fried Chicken

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 6 pieces chicken Cut Up, I like thighs but you can use any cut you like
- 1/2 cup bisquick
- 1/2 cup flour
- 1 teaspoon salt for coating
- 1/2 teaspoon onion powder
- 1 tablespoon italian seasoning
- garlic salt to taste
- pepper to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 25 grams
3. Fat: 2.5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 790 milligrams
8. Sugar: 2 grams

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