

THE BEST OVEN-FRIED CHICKEN

★★★★★

COURSE: MAIN COURSE CUISINE: AMERICAN

PREP TIME: 15 MINUTES COOK TIME: 20 MINUTES

TOTAL TIME: 35 MINUTES SERVINGS: 6 SERVINGS

CALORIES: 376CAL AUTHOR: [ASHLEY FEHR](#)



This easy **Oven-Fried Chicken** turns out perfectly crispy and juicy every time! The special seasoning blend tastes just like KFC, but it's made with wholesome ingredients in your own kitchen.

INGREDIENTS

- 2 lbs chicken breasts (about 3-4) cut in strips -
- I get about 3 out of one breast
- 1 cup buttermilk (optional)
- ¼ cup butter
- ¾ cup Panko breadcrumbs
- ¾ cup flour
- 1 tablespoon seasoning salt (I use Lawry's)
- 2 teaspoons paprika
- ¼-½ teaspoons pepper (depending on your preferences)

INSTRUCTIONS

1. Cut chicken breasts into thick strips and coat lightly in flour, shaking off any excess.
2. Preheat oven to 425°F. Add butter to the pan and place in the oven to melt while you make the coating.
3. Combine flour, Panko, seasoning salt, paprika and pepper in a large zip-top bag. Add the chicken and shake to coat
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4. Place your chicken on the prepared baking sheet, leaving a space between each strip. Bake 10 minutes, flip gently with a spatula, and bake another 10 minutes. (If the pan is dry when you flip the chicken, add a drizzle of oil to ensure the bottom crisps as well)
5. Be sure to check to make sure your chicken is cooked (165°F), as the thickness can greatly affect baking time. You want it to be done but not overdone and dry. Bake another 4-5 minutes if needed.
6. Remove to a plate lined with paper towel to soak up any excess grease. Serve immediately. To keep warm until serving, place on a wire rack on a baking sheet in a 225°F oven.

NOTES

*Nutrition information is estimated and will depend on exact serving size, brands and products used. Calorie count includes **all** flour and bread crumbs, so it will be less if there is coating mixture left over.

** **OPTIONAL:** For extra crispiness, do a double coat -- simply dunk coated chicken in a little bit of milk or buttermilk, and coat once again in the flour mixture. You would need extra coating mixture for this step.

****Originally, this recipe called for parchment paper. I have found I get a crispier coating and can use less butter when I do not use it. The video and process photos may still show parchment paper.**

NUTRITION

Calories: 376cal | Carbohydrates: 18g | Protein: 36g | Fat: 17g | Saturated Fat: 9g |

Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 131mg | Sodium: 1508mg | Potassium: 661mg | Fiber: 1g | Sugar: 2g | Vitamin A: 790IU | Vitamin C: 2mg | Calcium: 71mg | Iron: 2mg

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