



Gaga for Fried Chicken Swap



1/4th of recipe (2 drumsticks): 296 calories, 8g total fat (2g sat. fat), 490mg sodium, 14.5g carbs, 0.5g fiber, 3g sugars, 38g protein

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Prep: 10 minutes **Cook:** 35 minutes

Marinate: 1 hour



Ingredients

1 cup low-fat buttermilk
1 tbsp. Frank's RedHot Original Cayenne Pepper Sauce
8 raw chicken drumsticks, skin removed
1/2 cup egg whites or fat-free egg substitute
1 1/2 cups panko breadcrumbs
2 tsp. garlic powder
2 tsp. onion powder
1/2 tsp. black pepper
1/2 tsp. ground thyme
1/4 tsp. salt

Directions

In a medium bowl, mix buttermilk with hot sauce. Place chicken in a large sealable bag, and top with buttermilk mixture. Tightly seal, removing as much air as possible, and refrigerate for at least 1 hour.

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Pour egg whites/substitute into a wide bowl. In another wide bowl, combine breadcrumbs, garlic powder, onion powder, pepper, thyme, and salt; mix well.

One at a time, remove drumsticks from bag, and coat with egg whites/substitute. Shake to remove excess, and coat with crumb mixture. Lay drumsticks on the baking sheet, evenly spaced.

Bake for 20 minutes. Flip drumsticks. Bake until lightly browned, crispy, and cooked through, about 15 minutes.

MAKES 4 SERVINGS

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