



Pollo Frito al Horno

Ingredientes:

- 1 pollo de 3 libras cortado en 10 pedazos*
- 1 taza de hojuelas de maíz trituradas
- ½ cucharadita de pimienta
- ½ cucharadita de sal si desea
- 1 cucharada de cebolla en polvo
- 1 cucharadita de ajo en polvo
- 1 taza de leche sin grasa
- 1 cucharadita de aceite vegetal

Instrucciones:

1. Precaliente el horno a 375-400°F.
2. Remueva el pellejo del pollo y córtelo en pedazos.
3. Mezcle las hojuelas de maíz, la cebolla, el ajo y la pimienta en polvo.
4. En otro recipiente, revuelva el pollo en la leche en la mezcla seca.
5. Engrase ligeramente un molde para hornear con aceite vegetal, y coloque el pollo en el molde. Hornee el pollo por 45 minutos o 1 hora hasta que se dore.

*Para cortar el pollo en 10 pedazos, córtelo de esta manera: 2 alas, 2 piernas, 2 muslos, y 4 pedazos de pechuga (corte cada pechuga por la mitad).

Rinde: 6 porciones, 2 pedazos de pollo cada una

Fuente: Cornell University Cooperative Extension in New York City

Nutrition Facts

servings per container
Serving size ^{5.8 ounces or} 2 pieces of chicken (165g)

Amount per serving
Calories 300

| | % Daily Value* |
|------------------------------|----------------|
| Total Fat 20g | 26% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 95mg | 32% |
| Sodium 240mg | 10% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 26g | |
| Vitamin D 0mcg | 0% |
| Calcium 33mg | 2% |
| Iron 2mg | 10% |
| Potassium 55mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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