



## Beer-Battered Chicken with Amber Aioli

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup mayonnaise
- 0.3 cup beer
- 2 teaspoons dijon mustard
- 2 cloves garlic finely chopped
- 1 serving cooking oil for deep frying
- 1 cup beer
- 1 cup oats gold wondra®
- 1 teaspoon dijon mustard

- 1 lb chicken breast boneless skinless cut into 20 (1-inch) pieces
- 0.3 cup oats gold wondra®

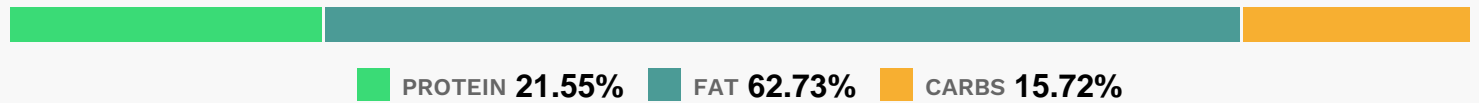
## Equipment

- bowl
- sauce pan

## Directions

- In small bowl, mix aioli ingredients until smooth. Cover; refrigerate until ready to serve.
- In deep fat fryer or heavy saucepan, heat 3 inches oil to 375°F. In another small bowl, mix beer, 1 cup flour and 1 teaspoon mustard. Dip chicken pieces into 1/4 cup flour; coat with beer batter. Fry 5 to 6 chicken pieces at a time, 4 to 5 minutes or until golden brown.
- Serve hot with aioli.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:4.4, Inflammation Score:-3, Nutrition Score:8.5965217196423%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 220.52kcal (11.03%), Fat: 14.77g (22.72%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 7.3g (2.66%), Sugar: 0.27g (0.3%), Cholesterol: 36.09mg (12.03%), Sodium: 177.38mg (7.71%), Alcohol: 1.15g (100%), Alcohol %: 1.38% (100%), Protein: 11.42g (22.83%), Selenium: 19.12µg (27.31%), Vitamin K: 28.03µg (26.7%), Vitamin B3: 4.98mg (24.89%), Manganese: 0.46mg (23.12%), Vitamin B6: 0.37mg (18.66%), Phosphorus: 151.87mg (15.19%), Magnesium: 41.97mg (10.49%), Vitamin B5: 0.77mg (7.67%), Potassium: 220.09mg (6.29%), Vitamin B1: 0.09mg (6.06%), Vitamin E: 0.76mg (5.09%), Zinc: 0.63mg (4.21%), Fiber: 1.03g (4.12%), Vitamin B2: 0.07mg (4.1%), Iron: 0.71mg (3.96%), Copper: 0.06mg (2.87%), Vitamin B12: 0.12µg (1.95%), Folate:

7.79µg (1.95%), Calcium: 11.59mg (1.16%)