



Caesar-Crusted Crispy Chicken Strips

READY IN



26 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup japanese breadcrumbs
- ☐ 0.3 cup buttermilk
- ☐ 0.8 cup creamy caesar dressing divided
- ☐ 1.5 pounds chicken breast strips
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 6 servings romaine lettuce leaves
- ☐ 1 cup safflower oil

☐ 0.5 teaspoon sea salt

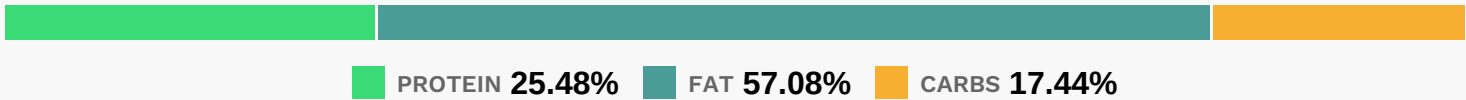
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ Combine 1/2 cup Caesar dressing and next 3 ingredients in a medium bowl.
- ☐ Add chicken; toss to coat.
- ☐ Combine breadcrumbs, flour, and parsley in a shallow dish or pie plate. Dredge chicken in breadcrumb mixture, pressing gently to adhere crumbs to both sides.
- ☐ Place on a baking sheet. Chill 30 minutes.
- ☐ Heat oil in a large deep-sided skillet 2 to 3 minutes or until hot. Cook chicken, in batches, 3 to 4 minutes on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve warm or chilled with remaining 1/4 cup Caesar dressing and Romaine leaves.
- ☐ *For testing purposes, we used Panko Japanese breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:5.93, Inflammation Score:-10, Nutrition Score:27.922608474027%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 451.48kcal (22.57%), Fat: 28.41g (43.71%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 16.81g (6.11%), Sugar: 2.98g (3.32%), Cholesterol: 85.13mg (28.38%), Sodium: 772.24mg (33.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.54g (57.08%), Vitamin A: 7576.78IU (151.54%), Vitamin K: 141.44µg (134.7%), Vitamin B3: 13.41mg (67.06%), Selenium: 43.52µg (62.18%), Vitamin B6: 0.94mg (47.07%), Folate: 153.03µg (38.26%), Phosphorus: 306.37mg (30.64%), Vitamin E: 4.23mg (28.19%), Vitamin B1: 0.32mg (21.41%), Potassium: 690.82mg (19.74%), Vitamin B5: 1.91mg (19.06%), Manganese: 0.34mg (16.83%), Vitamin B2: 0.28mg (16.69%), Iron: 2.62mg (14.57%), Magnesium: 50.38mg (12.59%), Fiber: 2.73g (10.91%), Calcium: 81.51mg (8.15%), Vitamin C: 6.62mg (8.03%), Zinc: 1.16mg (7.71%), Copper: 0.12mg (6.03%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.27µg (1.82%)