



Caribbean Coconut Chicken Bites

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 chicken breast halves – pounded to 1/2 inch boneless skinless
- 0.5 teaspoon curry powder
- 0.1 teaspoon thyme leaves dried crumbled finely
- 2 eggs beaten
- 1 cup flour all-purpose
- 0.1 teaspoon ground pepper black
- 1 lime cut into wedges
- 1 mango ripe peeled cut into eight 1-inch wide strips

- 4 slices pancetta thin
- 0.5 teaspoon salt
- 2 cups coconut or shredded unsweetened
- 8 servings vegetable oil for deep frying or as needed

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- slotted spoon

Directions

- Place a prosciutto slice on each chicken breast. Trim prosciutto to fit inside the chicken breast with a 1/2-inch border of chicken.
- Place 2 slices mango in the center of each prosciutto slice.
- Roll the chicken breast lengthwise to completely enclose the mango and prosciutto. Tuck and pinch the ends to seal rolls tightly.
- Arrange chicken rolls on a baking sheet and refrigerate until very firm, about 30 minutes.
- Combine flour, salt, curry powder, black pepper, and thyme in a bowl.
- Pour mixture onto a plate.
- Pour beaten eggs onto a separate plate.
- Sprinkle coconut onto a third plate.
- Slice chicken rolls into 1 to 1 1/2-inch pieces.
- Roll chicken in the flour mixture and shake off any excess flour.
- Coat chicken in the beaten egg until completely covered; allow excess egg to drip off.
- Roll chicken in coconut.

- Arrange the coated chicken rolls on a plate in a single layer. Cover and refrigerate to allow coating to set, 15 minutes.
- Preheat oven to 325 degrees F (165 degrees C).
- Heat enough vegetable oil in a deep, heavy skillet to immerse chicken rolls. Turn heat to medium.
- Fry half the chicken rolls in the hot oil until golden brown, about 4 minutes.
- Remove chicken rolls with a slotted spoon and drain on several layers of paper towels. Repeat with remaining chicken rolls.
- Place chicken rolls on a baking sheet.
- Bake in the preheated oven until chicken is no longer pink in the center and juices run clear, about 10 minutes.
- Splash chicken rolls with lime juice and serve alongside lime wedges.

Nutrition Facts



PROTEIN 19.38% **FAT 55.64%** **CARBS 24.98%**

Properties

Glycemic Index:24.47, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:14.897825945979%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 350.46kcal (17.52%), Fat: 22.19g (34.14%), Saturated Fat: 14.98g (93.63%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 17.5g (6.36%), Sugar: 5.48g (6.09%), Cholesterol: 79.72mg (26.57%), Sodium: 262.4mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.39g (34.78%), Selenium: 32.07µg (45.82%), Manganese: 0.78mg (39.23%), Vitamin B3: 7.32mg (36.6%), Vitamin B6: 0.57mg (28.26%), Phosphorus: 216.61mg (21.66%), Fiber: 4.92g (19.66%), Vitamin C: 12.9mg (15.64%), Copper: 0.27mg (13.41%), Vitamin B1: 0.2mg (13.23%), Vitamin B5: 1.32mg (13.2%), Vitamin B2: 0.22mg (13.08%), Folate: 50.15µg (12.54%), Potassium: 429.63mg (12.28%), Iron: 2.07mg

(11.49%), Magnesium: 44.35mg (11.09%), Zinc: 1.13mg (7.55%), Vitamin A: 363.98IU (7.28%), Vitamin K: 6.99µg (6.66%), Vitamin E: 0.86mg (5.74%), Vitamin B12: 0.23µg (3.85%), Calcium: 24.31mg (2.43%), Vitamin D: 0.29µg (1.95%)