



Chicken Biscuit

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



352 kcal

Ingredients

- ☐ 1 cornbread biscuit
- ☐ 1 chicken cutlets crispy
- ☐ 1 serving pickled okra
- ☐ 1 serving mustard-peach preserves

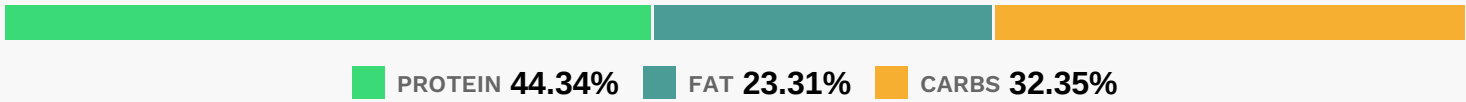
Equipment

Directions

- ☐ Place Crispy Chicken

Cutlet, Mustard-Peach Preserves, and pickled okra on a Cornbread Biscuit.

Nutrition Facts



Properties

Glycemic Index:152, Glycemic Load:15.9, Inflammation Score:-4, Nutrition Score:20.232173987057%

Flavonoids

Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 351.91kcal (17.6%), Fat: 8.89g (13.68%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 26.81g (9.75%), Sugar: 10.82g (12.02%), Cholesterol: 109.07mg (36.36%), Sodium: 458.78mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.07g (76.14%), Vitamin B3: 18.76mg (93.82%), Selenium: 59.96µg (85.66%), Vitamin B6: 1.32mg (65.79%), Phosphorus: 484.22mg (48.42%), Vitamin B5: 2.54mg (25.37%), Potassium: 740.76mg (21.16%), Vitamin B1: 0.25mg (16.75%), Vitamin B2: 0.27mg (15.96%), Magnesium: 56.43mg (14.11%), Manganese: 0.23mg (11.69%), Iron: 1.69mg (9.4%), Folate: 35.1µg (8.78%), Zinc: 1.2mg (7.98%), Vitamin C: 6.56mg (7.95%), Vitamin B12: 0.38µg (6.3%), Copper: 0.1mg (5.07%), Vitamin K: 5.2µg (4.96%), Vitamin E: 0.74mg (4.91%), Fiber: 0.95g (3.82%), Calcium: 35.57mg (3.56%), Vitamin A: 137.46IU (2.75%), Vitamin D: 0.17µg (1.13%)