



Chicken Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 2 tablespoons flour all-purpose
- 0.5 teaspoon pepper black
- 2 tablespoons potatoes dry
- 30 saltines
- 1 teaspoon lawry's seasoned salt
- 6 chicken breast halves boneless skinless
- 2 cups vegetable oil for frying

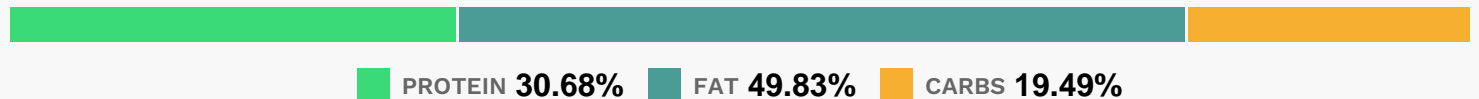
Equipment

- bowl
- sauce pan
- ziploc bags
- rolling pin

Directions

- Place crackers in a large resealable plastic bag; seal bag and crush crackers with a rolling pin until they are coarse crumbs.
- Add the flour, potato flakes, seasoned salt, and pepper and mix well.
- Beat egg in a shallow dish or bowl. One by one, dredge chicken pieces in egg, then place in bag with crumb mixture. Seal bag and shake to coat.
- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Fry chicken, turning frequently, until golden brown and juices run clear, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:16.078260877858%

Nutrients (% of daily need)

Calories: 357.45kcal (17.87%), Fat: 19.5g (30.01%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 16.31g (5.93%), Sugar: 0.39g (0.44%), Cholesterol: 99.6mg (33.2%), Sodium: 675.43mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.04%), Vitamin B3: 13.22mg (66.08%), Selenium: 41.47µg (59.25%), Vitamin B6: 0.91mg (45.51%), Vitamin K: 31.49µg (29.99%), Phosphorus: 277.77mg (27.78%), Vitamin B5: 1.91mg (19.1%), Vitamin B1: 0.25mg (16.6%), Potassium: 510.11mg (14.57%), Vitamin B2: 0.24mg (13.98%), Vitamin E: 1.66mg (11.05%), Manganese: 0.19mg (9.6%), Magnesium: 37.81mg (9.45%), Iron: 1.58mg (8.78%), Folate: 34.94µg (8.73%), Vitamin C: 5.35mg (6.48%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.3µg (5.08%), Copper: 0.07mg (3.53%), Fiber: 0.86g (3.42%), Vitamin D: 0.26µg (1.73%), Calcium: 15.29mg (1.53%), Vitamin A: 75.1IU (1.5%)