



## Chicken on a Stick

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



400 kcal

SIDE DISH

## Ingredients

- 2 cups cauliflower florets
- 4 dill pickles cut into 1 inch slices
- 1 medium bell pepper green sliced
- 1 quart oil for frying
- 1 onion quartered
- 1 bell pepper red sliced
- 4 chicken breast halves boneless skinless cut into cubes
- 8 ounce tempura mix

## Equipment

- frying pan
- skewers

## Directions

- Thread skewer sticks with pieces of onion, red and green bell pepper, cauliflower and dill pickle, alternating with cubes of chicken.
- Prepare tempura mix according to package directions.
- Transfer to a long dish for dipping skewers into.
- Heat 1 inch of oil in a large heavy skillet to 365 degrees F (180 degrees C).
- Dip threaded skewers into the batter, coating all sides. Fry in hot oil for about 5 to 8 minutes on each side, or until golden.

## Nutrition Facts



## Properties

Glycemic Index:12.63, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:13.049130533053%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

## Nutrients (% of daily need)

Calories: 400kcal (20%), Fat: 25.42g (39.1%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 26.76g (9.73%), Sugar: 2.46g (2.73%), Cholesterol: 36.16mg (12.05%), Sodium: 408.11mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14g (28%), Vitamin C: 45.43mg (55.06%), Vitamin B3: 6.29mg (31.44%), Vitamin E: 4.6mg (30.66%), Vitamin B6: 0.57mg (28.67%), Vitamin K: 28.2µg (26.86%), Selenium: 18.31µg (26.16%), Phosphorus: 145.68mg (14.57%), Vitamin A: 597.47IU (11.95%), Potassium: 397.69mg (11.36%), Vitamin B5: 1.07mg (10.67%), Folate: 30.05µg (7.51%), Vitamin B2: 0.11mg (6.5%), Fiber: 1.62g (6.5%), Magnesium: 25.36mg (6.34%), Vitamin B1: 0.09mg (5.78%), Manganese: 0.12mg (5.75%), Zinc: 0.51mg (3.41%), Calcium: 31.57mg (3.16%), Iron: 0.53mg (2.96%), Copper: 0.05mg (2.56%), Vitamin B12: 0.11µg (1.88%)