



Chicken Poppers

READY IN



45 min.

SERVINGS



8

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 skinned and boned chicken breast halves cut into 1 1/2-inch pieces
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose divided
- ☐ 8 servings garnish: green onions sliced
- ☐ 0.8 teaspoon ground pepper red
- ☐ 0.3 cup milk
- ☐ 20 nilla wafers crushed finely
- ☐ 0.5 teaspoon pepper
- ☐ 8 servings ranch dressing

- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 1 cup vegetable oil

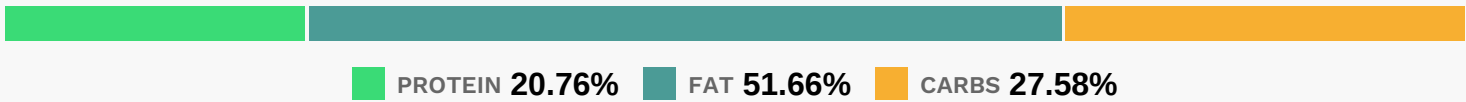
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Stir together first 4 ingredients and 1 cup flour. Stir together milk and egg.
- ☐ Dredge chicken pieces in remaining 1/3 cup flour; dip in egg mixture, and dredge in wafer mixture.
- ☐ Pour oil in a large skillet; heat to 37
- ☐ Fry chicken pieces, in 4 batches, 2 to 3 minutes on each side or until done.
- ☐ Drain chicken on paper towels, and serve with Ranch dressing.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:20.04, Inflammation Score:-5, Nutrition Score:16.410869328872%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 435.27kcal (21.76%), Fat: 24.7g (37.99%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 28.65g (10.42%), Sugar: 6.75g (7.5%), Cholesterol: 86.36mg (28.79%), Sodium: 878.17mg (38.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.65%), Vitamin K: 63.27µg (60.26%), Selenium: 37.36µg (53.37%), Vitamin B3: 10.54mg (52.69%), Vitamin B6: 0.68mg (33.84%), Phosphorus: 285.62mg (28.56%), Vitamin B1: 0.3mg (19.74%), Vitamin B2: 0.29mg (17.3%), Vitamin B5: 1.67mg (16.69%), Folate: 62.91µg (15.73%), Potassium: 409.82mg (11.71%), Manganese: 0.2mg (9.99%), Vitamin E: 1.45mg (9.63%), Iron: 1.6mg (8.89%), Magnesium: 31.49mg (7.87%), Zinc: 0.83mg (5.54%), Vitamin B12: 0.32µg (5.29%), Vitamin A: 221.45IU (4.43%),

Fiber: 1.01g (4.04%), Copper: 0.07mg (3.54%), Calcium: 34.06mg (3.41%), Vitamin C: 2.29mg (2.77%), Vitamin D: 0.32µg (2.16%)