



Chicken Sliders with Tomato Chutney

READY IN



130 min.

SERVINGS



8

CALORIES



529 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 tablespoons grapeseed oil
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 1 cup plum tomatoes chopped
- ☐ 8 potato slider rolls split
- ☐ 0.3 cup onion diced red
- ☐ 1.3 pounds skin-on boneless
- ☐ 2 tablespoons butter unsalted softened

- ☐ 8 servings vegetable oil for deep-frying

Equipment

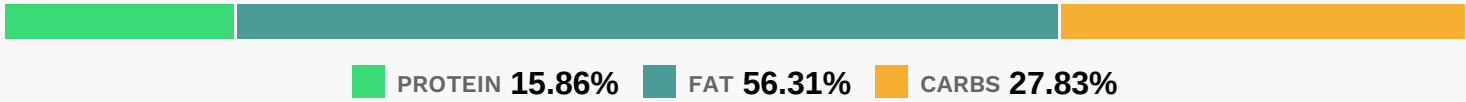
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 225 degrees F.
- ☐ Bake the chicken: Toss the chicken with the grapeseed oil and 1/4 teaspoon each salt and pepper in a medium bowl, coating well.
- ☐ Transfer to a baking sheet and bake until cooked through, about 35 minutes.
- ☐ Remove from the oven and let cool 1 hour.
- ☐ Combine the tomatoes, red onion, parsley, 1 teaspoon salt and 1/2 teaspoon pepper in a small saucepan and cook over low heat, stirring occasionally, 30 minutes.
- ☐ Remove from the heat and cover to keep warm.
- ☐ Heat 3 inches of vegetable oil in a large pot over medium-high heat until a deep-fry thermometer registers 350 degrees F.
- ☐ Combine the flour, 1/2 teaspoon salt and a few grinds of pepper in a medium bowl, then add the chicken and toss to coat. Fry the chicken until golden brown, 4 to 5 minutes.
- ☐ Drain on a paper towel-lined plate.
- ☐ Let cool slightly, then cut each thigh in half.
- ☐ Spread a thin layer of butter on the cut sides of the rolls.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Place the rolls, buttered-side down, in the pan and toast until golden, about 2 minutes.

- ☐
- Spread with mayonnaise and sandwich with the chicken and chutney.
- ☐
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:9.04, Inflammation Score:-5, Nutrition Score:14.395652317482%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 529.24kcal (26.46%), Fat: 33.82g (52.02%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 35.72g (12.99%), Sugar: 6.02g (6.69%), Cholesterol: 76.98mg (25.66%), Sodium: 430.69mg (18.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.87%), Vitamin B3: 7.37mg (36.86%), Vitamin K: 38.08µg (36.27%), Vitamin B1: 0.49mg (32.74%), Folate: 116.47µg (29.12%), Selenium: 18.61µg (26.59%), Vitamin B2: 0.35mg (20.53%), Iron: 3.13mg (17.38%), Vitamin E: 2.56mg (17.05%), Calcium: 163.76mg (16.38%), Vitamin B6: 0.28mg (14.01%), Phosphorus: 138.53mg (13.85%), Vitamin A: 431.31IU (8.63%), Vitamin B5: 0.83mg (8.27%), Manganese: 0.16mg (7.98%), Vitamin B12: 0.46µg (7.66%), Fiber: 1.89g (7.54%), Zinc: 1.06mg (7.09%), Potassium: 243.05mg (6.94%), Vitamin C: 5.09mg (6.17%), Magnesium: 20.98mg (5.25%), Copper: 0.08mg (3.97%)