



Cocoa Fried Chicken

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



443 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon cocoa powder
- 1 eggs beaten
- 2 cups flour all-purpose for coating
- 2 cups olive oil for frying
- 2 cups seasoned bread crumbs dry

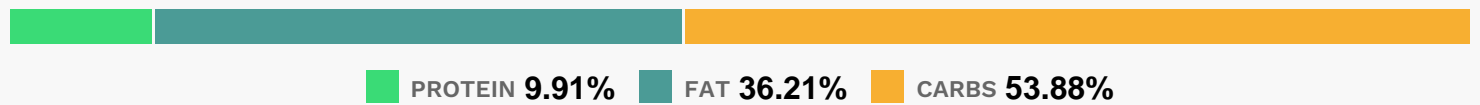
Equipment

- frying pan
- paper towels

Directions

- Mix flour and cocoa powder in a shallow dish or plate. One by one, coat chicken pieces in flour mixture, then dip in beaten egg, then in seasoned bread crumbs.
- Heat oil in a cast iron skillet to 350 degrees F (175 degrees C).
- Fry coated chicken pieces in oil until cooked through and juices run clear (approximately 5 minutes).
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:23, Inflammation Score:-5, Nutrition Score:14.914347907771%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 443.03kcal (22.15%), Fat: 17.72g (27.26%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 59.34g (19.78%), Net Carbohydrates: 56.19g (20.43%), Sugar: 2.44g (2.71%), Cholesterol: 27.68mg (9.23%), Sodium: 545.97mg (23.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.83%), Vitamin B1: 0.71mg (47.64%), Selenium: 26.28µg (37.54%), Manganese: 0.69mg (34.31%), Folate: 127.35µg (31.84%), Vitamin K: 27.22µg (25.92%), Vitamin B3: 4.93mg (24.67%), Vitamin B2: 0.41mg (23.87%), Iron: 4.13mg (22.96%), Vitamin E: 2.28mg (15.2%), Phosphorus: 131.54mg (13.15%), Fiber: 3.15g (12.59%), Copper: 0.17mg (8.46%), Calcium: 83.51mg (8.35%), Magnesium: 29.28mg (7.32%), Zinc: 0.97mg (6.46%), Vitamin B5: 0.54mg (5.45%), Vitamin B6: 0.1mg (4.97%), Potassium: 149.78mg (4.28%), Vitamin B12: 0.21µg (3.42%), Vitamin A: 116.8IU (2.34%), Vitamin C: 1.08mg (1.31%)