



Coconut Chicken Fingers

 Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup buttermilk whole
- 3 tablespoons canola oil
- 1 large eggs
- 0.3 teaspoon ground pepper red
- 1 cup rice flour
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless cut into 1/2-inch-thick strips
- 1.5 cups coconut or unsweetened flaked

Equipment

frying pan

Directions

Sprinkle chicken with salt and pepper.

Place flour in a shallow dish.

Combine buttermilk and egg in a shallow dish, stirring well.

Place coconut in a shallow dish. Dredge chicken in flour; shake off excess. Dip chicken in egg mixture; dredge in coconut.

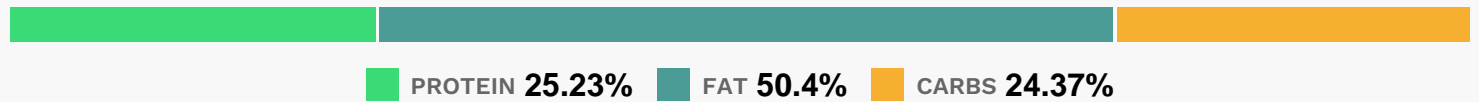
Heat a large skillet over medium-high heat.

Add oil to pan; swirl to coat.

Add chicken to pan; cook 6 minutes or until done, turning to brown.

Serve with chile sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:14.71, Inflammation Score:-4, Nutrition Score:19.173043437626%

Nutrients (% of daily need)

Calories: 465.99kcal (23.3%), Fat: 26.16g (40.24%), Saturated Fat: 14.44g (90.27%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 24.33g (8.85%), Sugar: 3.59g (3.98%), Cholesterol: 107.97mg (35.99%), Sodium: 387.05mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.93%), Selenium: 48.29µg (68.99%), Vitamin B3: 12.7mg (63.48%), Vitamin B6: 1.06mg (53%), Manganese: 0.93mg (46.32%), Phosphorus: 358.79mg (35.88%), Vitamin B5: 2.28mg (22.84%), Potassium: 622.45mg (17.78%), Fiber: 4.13g (16.51%), Magnesium: 63.07mg (15.77%), Vitamin B2: 0.25mg (14.58%), Copper: 0.25mg (12.54%), Vitamin E: 1.7mg (11.36%), Zinc: 1.56mg (10.4%), Vitamin B1: 0.14mg (9.64%), Vitamin B12: 0.49µg (8.08%), Iron: 1.38mg (7.69%), Calcium: 64.77mg (6.48%), Vitamin D: 0.8µg (5.33%), Vitamin K: 5.49µg (5.23%), Vitamin A: 179.69IU (3.59%), Folate: 13.52µg (3.38%), Vitamin C: 1.74mg (2.11%)