



Coconut Chicken Fingers



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 325 grams chicken tenderloins (8 chicken tenders)
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup flour gluten-free
- ☐ 2 tablespoons mango chutney
- ☐ 0.5 tablespoon rice vinegar
- ☐ 1 tablespoon chilli sauce sweet
- ☐ 0.8 cup coconut dried shredded unsweetened

- ☐ 2 servings vegetable oil for frying
- ☐ 0.5 teaspoons frangelico
- ☐ 0.5 teaspoons frangelico

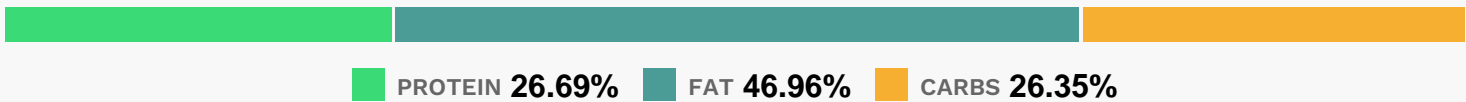
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ wire rack
- ☐ pot

Directions

- ☐ Add the mango chutney, sweet chili sauce, and vinegar in a small bowl and stir to combine.
- ☐ Mix the curry powder, salt and black pepper and generously sprinkle all sides of the chicken with the mixture. Get 3 small bowls and add the flour in one, the egg in another, and the coconut in the third.
- ☐ Whisk the egg until uniform in color. Coat the chicken in a thin, even layer of flour. Dip the chicken in the egg and coat completely. Drop the chicken in the shredded coconut and toss the chicken around to coat evenly with coconut. Repeat with the rest of the chicken tenders.
- ☐ Add 1.5-inches (4-centimeters) of vegetable oil to a heavy bottomed pot and heat to 340 degrees F (170 C). Prepare a paper towel lined wire rack. Fry the chicken in batches, flipping halfway through until golden brown on both sides.
- ☐ Drain on the paper towel lined rack and serve with the sauce.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:7.5, Inflammation Score:-4, Nutrition Score:23.576956541642%

Nutrients (% of daily need)

Calories: 570.8kcal (28.54%), Fat: 30.37g (46.72%), Saturated Fat: 21.35g (133.45%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 30.17g (10.97%), Sugar: 16.89g (18.77%), Cholesterol: 104mg (34.67%), Sodium: 293.95mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.84g (77.67%), Vitamin B3: 17.24mg (86.19%), Selenium: 59.22µg (84.6%), Vitamin B6: 1.35mg (67.46%), Manganese: 1.09mg (54.68%), Phosphorus: 424.23mg (42.42%), Fiber: 8.18g (32.72%), Vitamin B5: 2.6mg (26%), Potassium: 838.62mg (23.96%), Magnesium: 79.77mg (19.94%), Copper: 0.36mg (17.98%), Iron: 3.01mg (16.7%), Vitamin B2: 0.22mg (12.85%), Zinc: 1.74mg (11.59%), Vitamin B1: 0.13mg (8.89%), Vitamin E: 1.16mg (7.71%), Vitamin K: 7.78µg (7.41%), Vitamin B12: 0.32µg (5.42%), Vitamin C: 4.46mg (5.41%), Calcium: 41.54mg (4.15%), Folate: 14.94µg (3.73%), Vitamin A: 69.15IU (1.38%), Vitamin D: 0.16µg (1.08%)