



Coconut Chicken Lollipops with Tropical Ketchup and Anaheim Chile Sauce

READY IN



575 min.

SERVINGS



4

CALORIES



1174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 anaheim chiles
- ☐ 12 chicken drummettes
- ☐ 4 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 cloves garlic sliced
- ☐ 4 cloves garlic chopped
- ☐ 6 cloves garlic crushed
- ☐ 0.5 teaspoon ground cumin

- ☐ 4 servings ground pepper black
- ☐ 4 servings salt and ground pepper black
- ☐ 0.5 juice of lemon
- ☐ 1 juice of orange
- ☐ 2 cups catsup
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 mangos sweet ripe peeled chopped
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 habanero peppers chopped
- ☐ 4 servings splash rice vinegar
- ☐ 4 servings salt
- ☐ 0.5 cup tangelo juice fresh or orange juice
- ☐ 4 servings vegetable oil for frying
- ☐ 1 onion white sliced
- ☐ 2 onions white chopped
- ☐ 1.5 cups thinly dried unsweetened shaved

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Combine the tangelo juice, olive oil, lime juice, oregano, cumin, garlic, and some salt and pepper in a large bowl.
- ☐ Add the chicken, toss to coat, cover the bowl with plastic wrap and marinate the chicken in the fridge overnight.
- ☐ Heat a large skillet over medium heat and the olive oil.
- ☐ Add the garlic and onions and a good pinch of salt.
- ☐ Saute the onions until completely translucent, about 15 minutes.
- ☐ Add the ketchup, mango and citrus juices. Lower the flame and cook, stirring every once in a while, until reduced and thickened.
- ☐ Transfer the mixture to a blender and puree. Taste and adjust seasoning with salt, pepper and vinegar (adding a little more lemon or orange juice if needed) and refrigerate until cold.
- ☐ For the chile sauce: Char the Anaheim peppers over an open flame or on the grill. Roughly chop the peppers and transfer to a blender.
- ☐ Heat a large skillet, add the olive oil and heat over medium heat.
- ☐ Add the garlic, onions and habanero peppers and saute, stirring, to caramelize the onions.
- ☐ Transfer the mixture to the blender with the charred Anaheim peppers. Puree everything until smooth. Taste and adjust the seasoning.
- ☐ Transfer the sauce to a bowl and stir in the mayo a little at a time until it tastes just right. Refrigerate until ready to serve.
- ☐ Remove the chicken from the marinade. Coat in the flour, then the beaten eggs, finishing in the coconut.
- ☐ Fill a deep skillet halfway with vegetable oil and heat over medium-high to 350 degrees F. Fry the chicken lollipops until golden on all sides and cooked through.
- ☐ Drain on paper towels and season with a little salt.
- ☐ Serve the chicken with the tropical ketchup and Anaheim chile sauce.

Nutrition Facts



 **PROTEIN 9.44%**  **FAT 56.93%**  **CARBS 33.63%**

Properties

Glycemic Index:126.69, Glycemic Load:24.43, Inflammation Score:-10, Nutrition Score:39.413912814596%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 8.29mg, Hesperetin: 8.29mg, Hesperetin: 8.29mg, Hesperetin: 8.29mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.86mg, Luteolin: 2.86mg, Luteolin: 2.86mg, Luteolin: 2.86mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 19.43mg, Quercetin: 19.43mg, Quercetin: 19.43mg, Quercetin: 19.43mg

Nutrients (% of daily need)

Calories: 1173.71kcal (58.69%), Fat: 76.62g (117.88%), Saturated Fat: 28.7g (179.37%), Carbohydrates: 101.86g (33.95%), Net Carbohydrates: 86.67g (31.52%), Sugar: 49.58g (55.08%), Cholesterol: 224.22mg (74.74%), Sodium: 1952.4mg (84.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.15%), Vitamin C: 118.62mg (143.79%), Manganese: 1.71mg (85.5%), Selenium: 44.54µg (63.63%), Fiber: 15.19g (60.77%), Vitamin K: 58.57µg (55.78%), Vitamin E: 8.29mg (55.24%), Vitamin B6: 1.07mg (53.67%), Vitamin B3: 9.07mg (45.37%), Vitamin B2: 0.74mg (43.61%), Phosphorus: 384.84mg (38.48%), Vitamin A: 1887.35IU (37.75%), Folate: 149.69µg (37.42%), Potassium: 1188.77mg (33.96%), Iron: 5.93mg (32.97%), Copper: 0.65mg (32.51%), Vitamin B1: 0.47mg (31.57%), Magnesium: 100.93mg (25.23%), Vitamin B5: 2.11mg (21.11%), Zinc: 3.06mg (20.39%), Calcium: 144.47mg (14.45%), Vitamin B12: 0.64µg (10.62%), Vitamin D: 0.97µg (6.49%)