



Coconut Chicken with Pickled Pepper Collards

READY IN



165 min.

SERVINGS



30

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups buttermilk
- ☐ 30 servings canola oil for frying
- ☐ 1.8 pounds chicken cutlets
- ☐ 1 cup chicken stock see
- ☐ 2 pounds young collard greens thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 2 large garlic cloves halved (large)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 ounces panko bread crumbs

- ☐ 30 servings pepper freshly ground
- ☐ 4 jalapeño peppers seeded sliced
- ☐ 30 servings salt
- ☐ 0.8 cup coconut milk unsweetened
- ☐ 3 tablespoons coconut or shredded unsweetened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a large bowl, combine the buttermilk, coconut milk and garlic.
- ☐ Add the chicken and refrigerate for at least 2 hours and up to 4 hours.
- ☐ In a shallow bowl, combine the panko and coconut; season with salt and pepper.
- ☐ Drain the chicken and season with salt and pepper. Dip the cutlets into the panko, pressing to help it adhere. Refrigerate for 10 minutes.
- ☐ Heat the olive oil in a large skillet.
- ☐ Add the garlic and cook over moderate heat until golden, 2 minutes.
- ☐ Add the collards and cook, stirring, until wilted, 2 minutes.
- ☐ Add the stock and season with salt and pepper. Cook, stirring, until the liquid is nearly evaporated and the collards are tender, about 8 minutes. Discard the garlic and stir in the sliced jalapeos; keep warm.
- ☐ In a large nonstick skillet, heat inch of canola oil until shimmering. Working in batches, fry the chicken over moderately high heat, turning once, until crispy, 6 minutes.
- ☐ Drain on paper towels and season with salt.
- ☐ Serve with the collards.

Nutrition Facts



 PROTEIN **24.49%**  FAT **52.99%**  CARBS **22.52%**

Properties

Glycemic Index:4.1, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:13.3799999927852%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 132.3kcal (6.62%), Fat: 7.93g (12.2%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 5.78g (2.1%), Sugar: 1.7g (1.89%), Cholesterol: 18.93mg (6.31%), Sodium: 334.08mg (14.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.49%), Vitamin K: 135.91µg (129.44%), Vitamin A: 1586.88IU (31.74%), Vitamin B3: 3.56mg (17.82%), Manganese: 0.35mg (17.67%), Selenium: 11.64µg (16.63%), Vitamin C: 11.51mg (13.95%), Vitamin B6: 0.28mg (13.94%), Folate: 48.67µg (12.17%), Calcium: 103.41mg (10.34%), Vitamin E: 1.47mg (9.81%), Phosphorus: 96.92mg (9.69%), Vitamin B2: 0.13mg (7.36%), Fiber: 1.8g (7.22%), Vitamin B1: 0.1mg (6.81%), Potassium: 230.12mg (6.57%), Vitamin B5: 0.58mg (5.79%), Magnesium: 22.87mg (5.72%), Iron: 0.72mg (4.01%), Copper: 0.07mg (3.57%), Zinc: 0.44mg (2.93%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.23µg (1.56%)