



## Coconut Chicken with Pineapple Fried Rice

READY IN



50 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1 tablespoon caribbean jerk seasoning
- ☐ 24 oz skinned and boned chicken breasts
- ☐ 0.3 cup cornstarch
- ☐ 2 large egg whites
- ☐ 4 servings pineapple fried rice
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 cup coconut or sweetened flaked

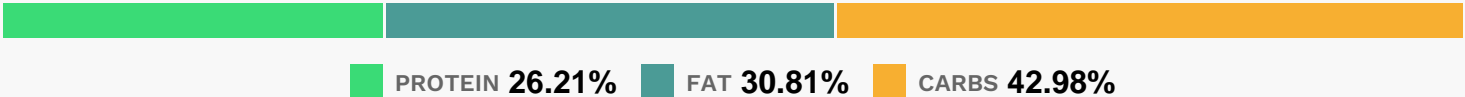
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

## Directions

- ☐ Preheat oven to 32
- ☐ Place each chicken breast between 2 sheets of plastic wrap; flatten to 1/2-inch thickness, using a rolling pin or flat side of a meat mallet.
- ☐ Stir together cornstarch and jerk seasoning in a shallow dish.
- ☐ Whisk egg whites just until foamy in another shallow dish. Stir together coconut and breadcrumbs in a third shallow dish.
- ☐ Dredge chicken breasts, 1 at a time, in cornstarch mixture; dip in egg whites, and dredge in coconut, pressing gently to adhere.
- ☐ Cook chicken in hot oil in a large, nonstick ovenproof skillet over medium heat 1 to 2 minutes on each side or until golden.
- ☐ Transfer skillet to oven, and bake at 325 for 15 to 20 minutes or until chicken is done.
- ☐ Sprinkle with salt and black pepper to taste.
- ☐ Serve with fried rice.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:25.743478448495%

## Nutrients (% of daily need)

Calories: 707.58kcal (35.38%), Fat: 23.97g (36.87%), Saturated Fat: 8.08g (50.49%), Carbohydrates: 75.22g (25.07%), Net Carbohydrates: 69.67g (25.34%), Sugar: 11.01g (12.23%), Cholesterol: 108.86mg (36.29%), Sodium: 1008.59mg (43.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.87g (91.74%), Vitamin B3: 20.73mg (103.67%), Selenium: 65.56µg (93.66%), Vitamin B6: 1.34mg (67.06%), Vitamin A: 2144.03IU (42.88%), Phosphorus: 412.72mg (41.27%), Potassium: 941.61mg (26.9%), Vitamin B5: 2.59mg (25.86%), Vitamin B1: 0.35mg (23.52%), Vitamin B2: 0.39mg (23.12%), Fiber: 5.55g (22.19%), Manganese: 0.41mg (20.36%), Vitamin E: 2.94mg (19.57%), Magnesium: 66.55mg (16.64%), Iron: 2.45mg (13.59%), Vitamin K: 10.93µg (10.41%), Zinc: 1.45mg (9.67%), Copper: 0.17mg (8.73%), Folate: 32.71µg (8.18%), Vitamin B12: 0.41µg (6.79%), Calcium: 66.21mg (6.62%), Vitamin C: 3.26mg (3.95%), Vitamin D: 0.17µg (1.13%)