



Coconut-Curry Fried Chicken Nuggets with Mango Dipping Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb chicken breast boneless skinless cut into bite-size pieces
- 0.5 cup cream of coconut (not cream of coconut)
- 0.5 teaspoon curry powder
- 0.5 teaspoon salt
- 1 serving vegetable oil for frying
- 1 mangos peeled
- 2 tablespoons onion red chopped

- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ginger grated
- 1 tablespoon juice of lime fresh
- 1 tablespoon citrus champagne vinegar
- 0.3 teaspoon salt
- 1 cup frangelico

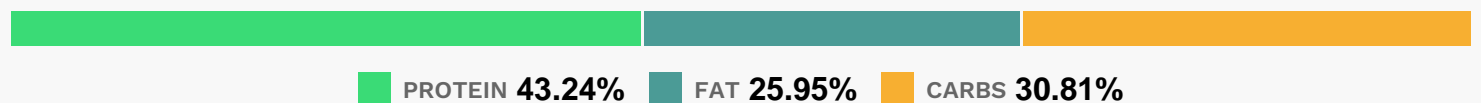
Equipment

- food processor
- bowl
- frying pan

Directions

- In large bowl, gently stir together chicken, coconut milk, curry powder and 1/2 teaspoon salt. Set aside.
- In 10- or 12-inch skillet or deep-fat fryer, heat 2 to 3 inches vegetable oil over medium heat or to 350°F.
- While oil is heating, in food processor, place all Sauce ingredients. Cover; process with on-and-off pulses until pureed. Spoon sauce into serving bowl; set aside.
- In another large bowl, place Bisquick mix.
- Remove chicken for milk mixture; place in bowl with Bisquick mix. Toss to coat.
- Add chicken pieces, one at a time, to hot oil. Fry 5 to 6 minutes or until golden brown. Do not over-crowd skillet; if needed, fry in batches.
- Serve chicken nuggets with mango dipping sauce.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:3.71, Inflammation Score:-7, Nutrition Score:23.76434797826%

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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 460.9kcal (23.05%), Fat: 12.99g (19.98%), Saturated Fat: 7g (43.75%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 32.44g (11.8%), Sugar: 32.05g (35.61%), Cholesterol: 145.15mg (48.38%), Sodium: 718.99mg (31.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.69g (97.38%), Vitamin B3: 24.03mg (120.13%), Selenium: 72.96µg (104.23%), Vitamin B6: 1.77mg (88.58%), Phosphorus: 486.93mg (48.69%), Vitamin B5: 3.35mg (33.47%), Vitamin C: 23.18mg (28.1%), Potassium: 946.3mg (27.04%), Magnesium: 66.01mg (16.5%), Vitamin B2: 0.25mg (14.68%), Vitamin A: 645.91IU (12.92%), Vitamin B1: 0.16mg (10.92%), Zinc: 1.39mg (9.26%), Fiber: 2.26g (9.03%), Folate: 33.21µg (8.3%), Vitamin B12: 0.45µg (7.56%), Vitamin E: 1.02mg (6.83%), Copper: 0.13mg (6.3%), Iron: 1.04mg (5.76%), Vitamin K: 4.83µg (4.6%), Manganese: 0.09mg (4.47%), Calcium: 20.61mg (2.06%), Vitamin D: 0.23µg (1.51%)