

THE FOOD AND  
PHILOSOPHY OF  
KENNY SHOPSIN

KENNY SHOPSIN — CAROLYN CARRIÑO

WITH MORE THAN 100 RECIPES

INTRODUCED BY

## Cook the Book: Taco-Fried Chicken

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



650 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 extra large eggs
- ☐ 4 servings flour all-purpose for dredging
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 4 servings vegetable oil; peanut oil preferred for deep-frying
- ☐ 4 servings salt and pepper
- ☐ 1 cups tortilla chips crushed

## Equipment

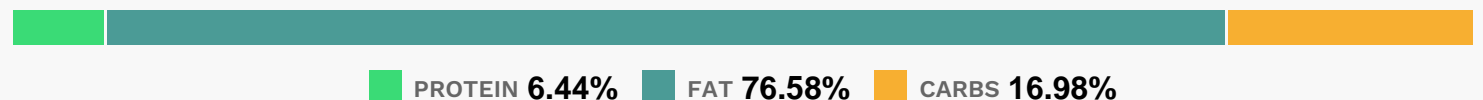
- ☐ bowl

- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ cutting board
- ☐ deep fryer

## Directions

- ☐ Preheat a deep-fryer or a large potful of peanut oil over high heat to 375°F.
- ☐ Put the flour in a bowl big enough to fit one of the cutlets. In another similar size bowl, whisk the eggs and cream together.
- ☐ Put the crushed tortilla chips in a third bowl.
- ☐ Using a large knife, with the flat side of the blade parallel to your cutting board, slice the chicken through the middle to form cutlets about 5/8 inch thick. Salt and pepper both sides of each cutlet.
- ☐ Dip a cutlet into the flour and turn it so that it is uniformly coated. Shake off any excess flour and dip the cutlet in the egg-cream mixture and then in the crushed tortilla chips. Repeat the dipping with as many cutlets as will fit in your deep fryer or pot without touching one another.
- ☐ Drop the cutlets into the oil and cook for 4 1/2 to 5 minutes, until the crust is a nice golden brown. Make sure the chicken is submerged while it is frying.
- ☐ Place on paper towels to drain. While the chicken is frying, repeat the dipping process with the remaining cutlets and fry them after the first batch is out of the oil.
- ☐ Pour the Spicy Buffalo Wing Sauce into a bowl. Dump the sauce over the chicken just before serving.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:4.14, Inflammation Score:-7, Nutrition Score:11.633913180102%

## Nutrients (% of daily need)

Calories: 650.27kcal (32.51%), Fat: 56.24g (86.52%), Saturated Fat: 25.03g (156.42%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 26.3g (9.56%), Sugar: 3.01g (3.34%), Cholesterol: 257.09mg (85.7%), Sodium: 371.98mg (16.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.29%), Vitamin A: 1539.64IU (30.79%), Vitamin E: 4.48mg (29.86%), Selenium: 19.38µg (27.68%), Vitamin B2: 0.42mg (24.52%), Phosphorus: 207.71mg (20.77%), Vitamin D: 2.27µg (15.12%), Vitamin B5: 1.25mg (12.45%), Calcium: 114.14mg (11.41%), Folate: 40.49µg (10.12%), Magnesium: 37.09mg (9.27%), Iron: 1.62mg (8.97%), Vitamin B1: 0.13mg (8.92%), Vitamin K: 9.11µg (8.68%), Vitamin B12: 0.52µg (8.61%), Zinc: 1.21mg (8.05%), Vitamin B6: 0.16mg (7.87%), Fiber: 1.75g (7.02%), Potassium: 203.14mg (5.8%), Copper: 0.08mg (3.94%), Vitamin B3: 0.77mg (3.86%), Manganese: 0.06mg (3.22%)