



Crispy Chicken with Rosemary-Lemon Salt



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound chicken tenderloins cut into 2-inch pieces
- ☐ 1.5 tablespoons rosemary fresh chopped
- ☐ 6 inch rosemary fresh
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup kosher salt
- ☐ 1 of lemon zest
- ☐ 0.5 cup cornmeal instant fine

- ☐ 0.8 teaspoon salt
- ☐ 4 servings vegetable oil for frying

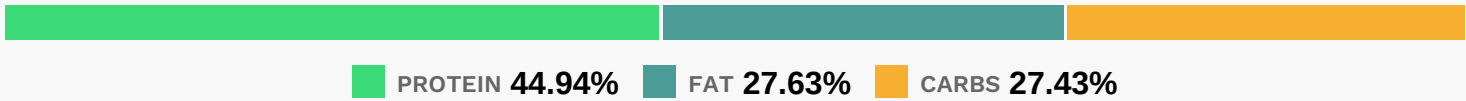
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1/4-inch oil in a large, high-sided skillet over medium-high heat (the oil is hot enough when a pinch of cornmeal sizzles when added to the pan).
- ☐ Add the rosemary sprig and fry for 30 seconds until crisp. Using tongs, remove the rosemary sprig and drain on paper towels.
- ☐ Remove the leaves and finely chop to yield 1 tablespoon.
- ☐ Place the rosemary, salt, and lemon zest in a small bowl.
- ☐ Mix with a fork until combined. Set aside.
- ☐ For the chicken: In a medium bowl, mix together the chicken, garlic, rosemary, lemon zest, salt, and pepper.
- ☐ Add the cornmeal and toss until the chicken is coated.
- ☐ Add 1/2 the chicken to the same skillet used to cook the rosemary and fry until golden and crispy, 2 to 3 minutes on each side.
- ☐ Drain on paper towels. Repeat with the remaining chicken.
- ☐ Sprinkle with the rosemary-lemon salt and serve.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:8.8, Inflammation Score:-7, Nutrition Score:14.409130438514%

Flavonoids

Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 238.99kcal (11.95%), Fat: 7.19g (11.05%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 13.45g (4.89%), Sugar: 0.34g (0.37%), Cholesterol: 72.57mg (24.19%), Sodium: 7643.18mg (332.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.59%), Vitamin B3: 12.37mg (61.86%), Selenium: 37.72µg (53.89%), Vitamin B6: 1mg (50.07%), Phosphorus: 288.39mg (28.84%), Vitamin B5: 1.78mg (17.82%), Potassium: 523.66mg (14.96%), Magnesium: 55.72mg (13.93%), Manganese: 0.25mg (12.43%), Fiber: 2.6g (10.4%), Vitamin B1: 0.14mg (9.14%), Zinc: 1.36mg (9.03%), Vitamin B2: 0.14mg (8.29%), Iron: 1.42mg (7.9%), Vitamin K: 5.65µg (5.38%), Copper: 0.1mg (5.23%), Folate: 16.36µg (4.09%), Vitamin C: 3.15mg (3.81%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.52mg (3.47%), Vitamin A: 168.3IU (3.37%), Calcium: 29.57mg (2.96%)