



Crispy Coconut Chicken Dippers With Wowie Maui Mustard

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs dry fine
- 1 cup flour all-purpose
- 1 teaspoon ground ginger
- 4 servings garnish: lime wedges
- 4 servings wowie maui mustard
- 0.5 teaspoon pepper
- 1 teaspoon salt

- 0.8 cup lime-flavored seltzer water
- 4 chicken breasts boneless skinless
- 2 cups coconut or sweetened flaked
- 4 servings vegetable oil

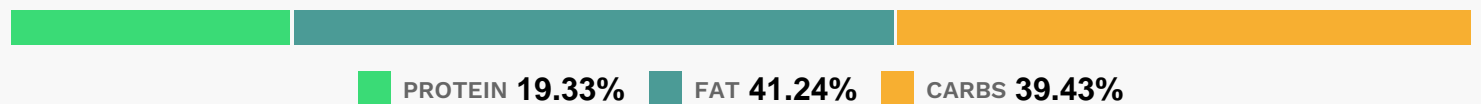
Equipment

- bowl
- frying pan
- paper towels
- whisk
- dutch oven

Directions

- Cut each chicken breast into 4 to 6 (1-inch) strips.
- Whisk together flour and next 4 ingredients in a bowl.
- Combine coconut and breadcrumbs in a large shallow dish. Dip chicken pieces in flour mixture, and dredge in coconut mixture.
- Pour oil to a depth of 2 inches in a deep skillet or Dutch oven; heat to 35
- Fry chicken, in batches, 2 to 3 minutes or until golden.
- Drain on paper towels.
- Sprinkle lightly with salt, if desired.
- Serve with Wowee Maui Mustard.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:17.32, Inflammation Score:-5, Nutrition Score:25.030434735443%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg,
Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 672.43kcal (33.62%), Fat: 30.76g (47.33%), Saturated Fat: 14.4g (89.99%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 59.54g (21.65%), Sugar: 17.5g (19.45%), Cholesterol: 72.32mg (24.11%), Sodium: 1096.36mg (47.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.89%), Selenium: 62.4µg (89.14%), Vitamin B3: 15.8mg (79%), Manganese: 1.11mg (55.35%), Vitamin B6: 0.91mg (45.66%), Vitamin B1: 0.6mg (39.69%), Phosphorus: 364.92mg (36.49%), Vitamin K: 28.34µg (26.99%), Fiber: 6.64g (26.57%), Folate: 92.41µg (23.1%), Vitamin B2: 0.39mg (22.79%), Iron: 4.03mg (22.42%), Vitamin B5: 1.98mg (19.79%), Potassium: 677.33mg (19.35%), Magnesium: 73.96mg (18.49%), Copper: 0.28mg (14.15%), Zinc: 1.67mg (11.12%), Vitamin E: 1.42mg (9.48%), Calcium: 72.16mg (7.22%), Vitamin B12: 0.32µg (5.34%), Vitamin C: 1.67mg (2.02%)