



Crispy Cornmeal Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder
- 2 large egg whites lightly beaten
- 1 tablespoon flour all-purpose
- 0.3 teaspoon garlic powder
- 0.5 cup salsa
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 2 teaspoons vegetable oil

0.3 cup cornmeal yellow

Equipment

bowl

frying pan

plastic wrap

rolling pin

meat tenderizer

Directions

Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness, using a meat mallet or rolling pin.

Combine cornmeal and next 3 ingredients in a small bowl.

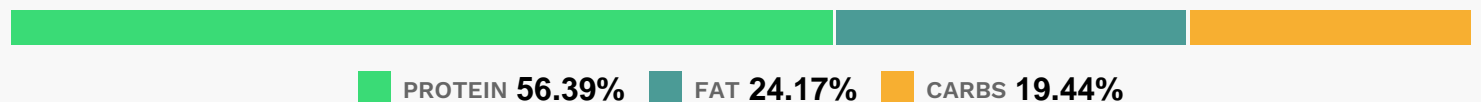
Sprinkle flour evenly over each chicken breast half; dip in egg whites, and dredge in cornmeal mixture.

Heat oil in a large nonstick skillet over medium heat.

Add chicken, and cook 5 to 6 minutes on each side or until chicken is done.

Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:6.8, Inflammation Score:-5, Nutrition Score:20.0569565348%

Nutrients (% of daily need)

Calories: 291.54kcal (14.58%), Fat: 7.62g (11.72%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 11.71g (4.26%), Sugar: 1.61g (1.79%), Cholesterol: 108.86mg (36.29%), Sodium: 592.13mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.95%), Vitamin B3: 18.62mg (93.1%), Selenium: 59.6µg (85.14%), Vitamin B6: 1.42mg (71.23%), Phosphorus: 404.19mg (40.42%), Vitamin B5: 2.61mg (26.14%), Potassium: 796.79mg (22.77%), Magnesium: 66.4mg (16.6%), Vitamin B2: 0.28mg (16.44%), Vitamin B1: 0.18mg (11.83%), Zinc: 1.51mg (10.05%), Manganese: 0.17mg (8.62%), Fiber: 2.07g (8.29%), Vitamin E: 1.15mg (7.64%), Iron: 1.36mg (7.56%),

Vitamin A: 355.28IU (7.11%), Vitamin K: 6.4µg (6.1%), Vitamin B12: 0.35µg (5.92%), Copper: 0.11mg (5.59%), Folate: 16.93µg (4.23%), Vitamin C: 2.66mg (3.23%), Calcium: 21.72mg (2.17%), Vitamin D: 0.17µg (1.13%)