



Crunchy Buttermilk-Coconut Chicken Fingers

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cornflakes crushed
- ☐ 0.5 teaspoon curry powder
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg white lightly beaten
- ☐ 1.5 cups buttermilk fat-free
- ☐ 2.3 ounces flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 teaspoon salt

- ☐ 1 pound chicken breasts boneless skinless
- ☐ 0.8 cup coconut or sweetened flaked chopped

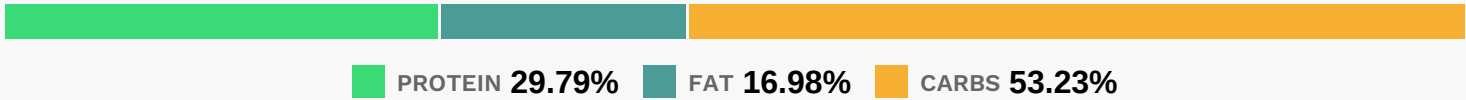
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut chicken into 20 (1/4-inch-thick) strips.
- ☐ Combine chicken and buttermilk in a shallow dish; cover and chill 1 hour.
- ☐ Drain chicken, discarding liquid.
- ☐ Combine chicken and flour in a medium bowl, tossing to coat.
- ☐ Preheat oven to 47
- ☐ Place baking sheet in oven.
- ☐ Combine egg and egg white in a small bowl.
- ☐ Combine crushed cornflakes and next 5 ingredients (through ground red pepper) in a shallow dish.
- ☐ Working with 1 chicken strip at a time, dip into egg mixture; dredge in cornflake mixture. Repeat procedure with remaining chicken, egg mixture, and cornflake mixture. Arrange chicken in a single layer on preheated baking sheet coated with cooking spray. Lightly coat chicken with cooking spray.
- ☐ Bake at 475 for 6 minutes or until done.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:8.84, Inflammation Score:-8, Nutrition Score:32.230869858161%

Nutrients (% of daily need)

Calories: 477.93kcal (23.9%), Fat: 9g (13.84%), Saturated Fat: 5.33g (33.31%), Carbohydrates: 63.45g (21.15%), Net Carbohydrates: 59.8g (21.74%), Sugar: 14.7g (16.33%), Cholesterol: 120.85mg (40.28%), Sodium: 1050.38mg (45.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.52g (71.04%), Vitamin B3: 20.86mg (104.32%), Vitamin B6: 1.7mg (84.76%), Iron: 14.58mg (80.97%), Selenium: 53.66µg (76.66%), Vitamin B2: 0.97mg (56.77%), Vitamin B1: 0.8mg (53.61%), Folate: 199.64µg (49.91%), Vitamin B12: 2.56µg (42.72%), Phosphorus: 346.87mg (34.69%), Vitamin B5: 2.02mg (20.23%), Vitamin A: 948.27IU (18.97%), Manganese: 0.38mg (18.96%), Potassium: 614.81mg (17.57%), Magnesium: 62.24mg (15.56%), Fiber: 3.66g (14.63%), Vitamin C: 11.87mg (14.39%), Vitamin D: 1.96µg (13.07%), Copper: 0.21mg (10.31%), Zinc: 1.53mg (10.18%), Vitamin E: 0.51mg (3.38%), Calcium: 33.39mg (3.34%)