



Crunchy chicken strips

 Gluten Free

READY IN



17 min.

SERVINGS



2

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g chicken breast boneless skinless
- ☐ 1 eggs lightly beaten
- ☐ 85 g polenta
- ☐ 2 servings unrefined sunflower oil for frying
- ☐ 3 tbsp crème fraîche
- ☐ 2 tsp sauce
- ☐ 100 g watercress
- ☐ 2 tbsp balsamic vinaigrette salad dressing

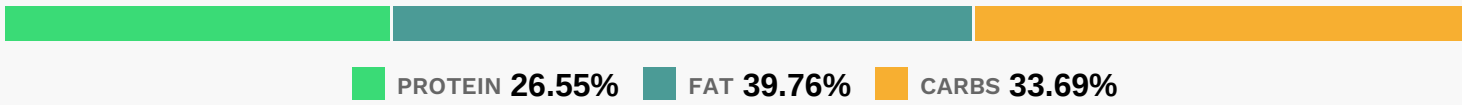
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut each chicken breast into five strips. Season the egg, then coat each piece of chicken first in the egg, then the polenta.
- ☐ Heat about 2cm oil in a frying pan, add the chicken and fry for 5–7 mins until the coating is crisp.
- ☐ Drain well on kitchen paper.
- ☐ Spoon the crme frache into a small bowl and swirl in the peri-peri sauce. Dress the watercress with the vinaigrette and serve on the side with the chicken and dipping sauce.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:23.083913150041%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 11.52mg, Kaempferol: 11.52mg, Kaempferol: 11.52mg, Kaempferol: 11.52mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 14.99mg, Quercetin: 14.99mg, Quercetin: 14.99mg, Quercetin: 14.99mg

Nutrients (% of daily need)

Calories: 446.97kcal (22.35%), Fat: 19.56g (30.08%), Saturated Fat: 4.89g (30.53%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 36.35g (13.22%), Sugar: 2.62g (2.91%), Cholesterol: 156.46mg (52.15%), Sodium: 233.9mg (10.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.38g (58.75%), Vitamin K: 141.62µg (134.88%), Selenium: 47.35µg (67.64%), Vitamin B3: 11.07mg (55.37%), Vitamin B6: 0.92mg (46.04%), Vitamin A: 1947.39IU (38.95%), Phosphorus: 328.27mg (32.83%), Vitamin C: 22.86mg (27.71%), Vitamin B5: 2.18mg (21.84%), Vitamin E: 2.88mg (19.18%), Potassium: 647.36mg (18.5%), Vitamin B2: 0.31mg (18.1%), Magnesium: 52.42mg (13.1%), Vitamin B1: 0.18mg (11.78%), Calcium: 96.35mg (9.64%), Manganese: 0.19mg (9.51%), Zinc: 1.15mg (7.68%), Vitamin B12: 0.43µg (7.23%), Iron: 1.29mg (7.18%), Copper: 0.12mg (5.82%), Folate: 22.05µg (5.51%), Fiber: 0.93g (3.72%), Vitamin D: 0.54µg (3.6%)