



Crunchy Pan-Fried Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast
- 0.5 cup self-rising corn meal mix
- 1 large eggs beaten
- 0.5 teaspoon pepper
- 0.5 cup seasoned bread crumbs dry fine
- 0.3 cup vegetable oil

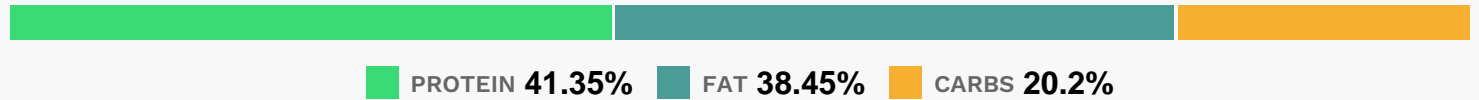
Equipment

- frying pan

Directions

- Combine first 3 ingredients in a shallow dish. Dip chicken in egg, and dredge in cornmeal mixture.
- Cook chicken in hot oil in a large skillet over medium-high heat 3 to 5 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:28.443043594775%

Nutrients (% of daily need)

Calories: 527.99kcal (26.4%), Fat: 22.1g (34%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 23.99g (8.72%), Sugar: 0.91g (1.01%), Cholesterol: 191.29mg (63.76%), Sodium: 760.65mg (33.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.49g (106.97%), Vitamin B3: 25.61mg (128.07%), Selenium: 79.87µg (114.11%), Vitamin B6: 1.82mg (91.11%), Phosphorus: 664.63mg (66.46%), Vitamin B5: 3.59mg (35.9%), Vitamin K: 32.86µg (31.29%), Vitamin B1: 0.45mg (29.7%), Potassium: 935.41mg (26.73%), Vitamin B2: 0.44mg (25.76%), Folate: 88.91µg (22.23%), Magnesium: 79.06mg (19.77%), Manganese: 0.33mg (16.33%), Iron: 2.87mg (15.95%), Zinc: 1.98mg (13.23%), Vitamin E: 1.72mg (11.45%), Calcium: 110.25mg (11.02%), Vitamin B12: 0.62µg (10.26%), Fiber: 2.14g (8.55%), Copper: 0.14mg (6.97%), Vitamin A: 226.6IU (4.53%), Vitamin C: 3.12mg (3.78%), Vitamin D: 0.48µg (3.17%)