



## Curried Cracker-Coated Chicken

 Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 chicken breast
- 0.5 cup round buttery crackers whole flavored (I used grain curry crackers)
- 2 tablespoons curry powder
- 1 eggs
- 0.5 cup flour
- 2 servings cilantro leaves fresh
- 2 servings salt and pepper

## Equipment

- food processor
- bowl
- oven

## Directions

- Use a food processor or crush the crackers with your hands until you have a powder with some small pieces still in tact.
- Season the cracker crumbs with a lot of curry powder and any other Indian spices you have on hand. The tablespoons are just estimates, we liked it spicy!
- Add salt and pepper as needed.
- Beat the egg in a shallow bowl.
- Coat the chicken breasts with flour, then coat with egg, and then press them firmly into the spicy cracker crumbs.
- Bake at 350 F / 180 C for 45 minutes or until done.
- Serve with fresh cilantro.

## Nutrition Facts

**PROTEIN 46.09%** **FAT 23.34%** **CARBS 30.57%**

## Properties

Glycemic Index:56, Glycemic Load:17.33, Inflammation Score:-6, Nutrition Score:29.823478201161%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 496.17kcal (24.81%), Fat: 12.56g (19.33%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 33.84g (12.31%), Sugar: 1.55g (1.73%), Cholesterol: 226.48mg (75.49%), Sodium: 623.28mg (27.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.83g (111.65%), Vitamin B3: 26.37mg (131.87%), Selenium: 91.39µg (130.55%), Vitamin B6: 1.82mg (91.1%), Phosphorus: 613.85mg (61.38%), Vitamin B5: 3.75mg (37.51%), Vitamin B1: 0.48mg (32.02%), Vitamin B2: 0.54mg (31.63%), Manganese: 0.59mg (29.62%), Potassium: 1010.99mg (28.89%), Iron: 5.12mg (28.45%), Folate: 96.67µg (24.17%), Magnesium: 86.4mg (21.6%), Vitamin E: 2.52mg (16.83%), Zinc: 2.15mg (14.33%), Vitamin K: 14.41µg (13.72%), Fiber: 3.18g (12.73%), Vitamin B12: 0.65µg (10.8%), Copper: 0.19mg (9.49%), Calcium: 80.27mg (8.03%), Vitamin A: 252.51IU (5.05%), Vitamin D: 0.67µg

(4.44%), Vitamin C: 3.42mg (4.15%)