



## Deviled Chicken II

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 cups saltine cracker crumbs crushed
- 1 teaspoon mustard dry
- 1 teaspoon garlic powder
- 1.5 teaspoons ground cumin
- 1 tablespoon catsup
- 0.1 cup oil for frying
- 8 chicken breast halves boneless skinless
- 0.3 cup vinegar

1.5 teaspoons worcestershire sauce

## Equipment

frying pan

## Directions

Heat oil in a large skillet over medium high heat. Brown chicken in oil, then remove from skillet and dip in cracker crumbs to coat; set aside.

To skillet add vinegar, garlic powder, dry mustard, cumin, Worcestershire sauce and ketchup. Stir together and cook until heated through and bubbly, about 7 to 10 minutes. Return chicken to skillet and cook, basting with sauce, for about 10 minutes or until cooked through (no longer pink inside).

## Nutrition Facts

  
■ PROTEIN 53.83% ■ FAT 29.77% ■ CARBS 16.4%

## Properties

Glycemic Index:15, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:23.509999948999%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 385.6kcal (19.28%), Fat: 12.25g (18.85%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 14.51g (5.28%), Sugar: 2.73g (3.03%), Cholesterol: 144.64mg (48.21%), Sodium: 504.02mg (21.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.85g (99.71%), Vitamin B3: 24.68mg (123.41%), Selenium: 74.64µg (106.63%), Vitamin B6: 1.73mg (86.42%), Phosphorus: 543.36mg (54.34%), Vitamin B5: 3.31mg (33.06%), Potassium: 915.01mg (26.14%), Vitamin B2: 0.29mg (17.23%), Magnesium: 68.72mg (17.18%), Vitamin B1: 0.25mg (16.47%), Iron: 2.46mg (13.64%), Vitamin K: 11.66µg (11.1%), Zinc: 1.53mg (10.23%), Manganese: 0.2mg (10.09%), Vitamin E: 1.48mg (9.9%), Vitamin B12: 0.45µg (7.53%), Folate: 25.19µg (6.3%), Calcium: 55.25mg (5.53%), Copper: 0.11mg (5.43%), Vitamin C: 3.26mg (3.95%), Fiber: 0.68g (2.71%), Vitamin A: 98.5IU (1.97%), Vitamin D: 0.23µg (1.51%)