



Easy Mexican Fried Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 quart buttermilk
- 1.5 cups flour all-purpose
- 3 tablespoons olive oil
- 4 chicken breast halves boneless skinless
- 2.5 ounce taco seasoning

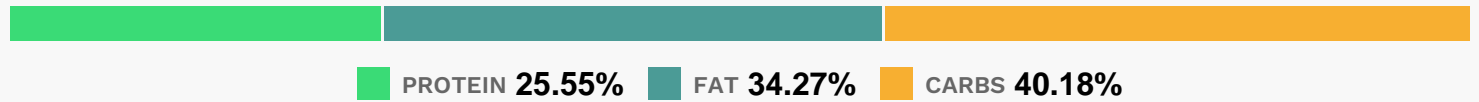
Equipment

- frying pan
- ziploc bags

Directions

- In a resealable plastic bag combine the chicken, buttermilk and 1 packet of taco seasoning. Seal and shake to mix together. Refrigerate and let marinate overnight.
- In a large skillet, heat the olive oil over medium low heat.
- Mix flour and the other packet of taco seasoning in a shallow dish or plate.
- Remove chicken from refrigerator and remove chicken from marinade. Discard marinade.
- Coat chicken with flour mixture and fry in skillet until cooked through and juices run clear, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:29.46, Inflammation Score:-9, Nutrition Score:28.332174114559%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 572.26kcal (28.61%), Fat: 21.72g (33.41%), Saturated Fat: 6.66g (41.61%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 52.69g (19.16%), Sugar: 15g (16.66%), Cholesterol: 98.34mg (32.78%), Sodium: 1810.17mg (78.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.43g (72.85%), Selenium: 60.8µg (86.86%), Vitamin B3: 14.77mg (73.83%), Phosphorus: 489.02mg (48.9%), Vitamin B6: 0.95mg (47.61%), Vitamin B2: 0.75mg (44.21%), Vitamin A: 2086.44IU (41.73%), Vitamin B1: 0.55mg (36.77%), Calcium: 284.86mg (28.49%), Vitamin B5: 2.71mg (27.15%), Folate: 102.13µg (25.53%), Potassium: 787.76mg (22.51%), Vitamin B12: 1.31µg (21.91%), Iron: 3.92mg (21.77%), Vitamin D: 3.19µg (21.26%), Fiber: 4.6g (18.39%), Manganese: 0.35mg (17.31%), Magnesium: 63.35mg (15.84%), Vitamin E: 1.92mg (12.8%), Zinc: 1.88mg (12.55%), Vitamin C: 9.33mg (11.31%), Copper: 0.16mg (7.86%), Vitamin K: 7.4µg (7.05%)