



## Fiery "Fried" Chicken

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



378 kcal

### Ingredients

- 0.8 cup bread crumbs
- 3 tablespoons canola oil
- 1 tablespoon chili-garlic sauce (found in the international aisle of most supermarkets)
- 4 servings kosher salt
- 3 tablespoons pineapple juice
- 24 ounce chicken breasts boneless skinless

### Equipment

- bowl
- baking sheet

oven

## Directions

- Heat oven to 450 F. In a large bowl, combine the chili-garlic sauce and pineapple juice.
- Add the chicken and toss to coat. In a separate bowl, combine the bread crumbs, 1/2 teaspoon salt, and the oil. Working with 1 piece at a time, coat the chicken in the bread crumb mixture and transfer to a baking sheet. Repeat with the remaining breasts.
- Bake until cooked through, 12 to 15 minutes.

## Nutrition Facts

**PROTEIN 42.31%** **FAT 39.18%** **CARBS 18.51%**

## Properties

Glycemic Index:11.5, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:20.38304336693%

## Nutrients (% of daily need)

Calories: 377.61kcal (18.88%), Fat: 15.99g (24.6%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 15.9g (5.78%), Sugar: 3.12g (3.46%), Cholesterol: 108.86mg (36.29%), Sodium: 748.36mg (32.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.86g (77.71%), Vitamin B3: 19.11mg (95.53%), Selenium: 59.55µg (85.07%), Vitamin B6: 1.31mg (65.49%), Phosphorus: 391.52mg (39.15%), Vitamin B5: 2.54mg (25.42%), Vitamin B1: 0.31mg (20.75%), Potassium: 683.71mg (19.53%), Vitamin B2: 0.25mg (14.95%), Vitamin E: 2.18mg (14.53%), Magnesium: 54.29mg (13.57%), Manganese: 0.27mg (13.44%), Iron: 1.64mg (9.13%), Vitamin K: 9.2µg (8.76%), Zinc: 1.29mg (8.62%), Folate: 30.5µg (7.62%), Vitamin B12: 0.41µg (6.85%), Copper: 0.11mg (5.27%), Calcium: 47.14mg (4.71%), Fiber: 1.11g (4.42%), Vitamin C: 3.17mg (3.84%), Vitamin D: 0.17µg (1.13%), Vitamin A: 51.59IU (1.03%)