



Fried Chicken Bites

READY IN



50 min.

SERVINGS



6

CALORIES



470 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 slices bread toasted
- ☐ 2 cups buttermilk
- ☐ 2 pounds skinned and boned chicken breasts
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons garlic powder
- ☐ 1.5 teaspoons chipotle chili powder
- ☐ 1.5 teaspoons ground pepper black
- ☐ 1.5 teaspoons ground pepper red
- ☐ 6 servings honey mustard dressing blue

- ☐ 0.5 teaspoon paprika
- ☐ 6 servings vegetable oil; peanut oil preferred
- ☐ 1.5 teaspoons pepper dried red crushed
- ☐ 0.8 teaspoon salt

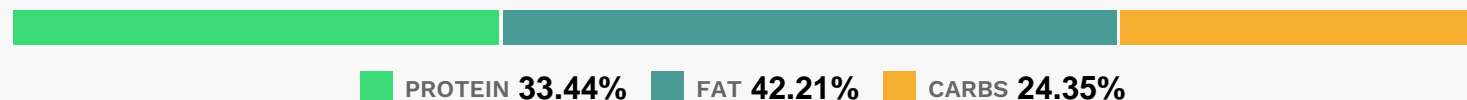
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Combine first 7 ingredients in a small bowl; reserve half of spice mixture.
- ☐ Cut chicken into 1-inch pieces.
- ☐ Place chicken in a medium bowl, and toss with remaining spice mixture until coated. Stir in buttermilk; cover and chill 24 hours.
- ☐ Tear bread into pieces, and place in a food processor with reserved spice mixture. Process until mixture resembles cornmeal. Stir in flour.
- ☐ Remove chicken pieces from buttermilk, discarding buttermilk. Dredge chicken in breadcrumb mixture.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 35
- ☐ Fry chicken, in batches, 6 to 7 minutes on each side or until golden brown and done.
- ☐ Drain on a wire rack over paper towels.
- ☐ Sprinkle with salt to taste.
- ☐ Serve warm or cold with blue cheese dressing or honey mustard.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:16.42, Inflammation Score:-7, Nutrition Score:23.917391206907%

Nutrients (% of daily need)

Calories: 469.53kcal (23.48%), Fat: 21.75g (33.46%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 26.36g (9.58%), Sugar: 4.95g (5.5%), Cholesterol: 105.58mg (35.19%), Sodium: 643.31mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.76g (77.53%), Vitamin B3: 18.04mg (90.21%), Selenium: 62.92µg (89.88%), Vitamin B6: 1.24mg (61.84%), Phosphorus: 435.79mg (43.58%), Vitamin B5: 2.69mg (26.9%), Vitamin B2: 0.45mg (26.24%), Vitamin B1: 0.36mg (24.28%), Manganese: 0.44mg (21.82%), Potassium: 758.53mg (21.67%), Vitamin E: 3.17mg (21.15%), Magnesium: 61.69mg (15.42%), Folate: 61.43µg (15.36%), Vitamin A: 767.04IU (15.34%), Iron: 2.4mg (13.36%), Calcium: 128.48mg (12.85%), Vitamin B12: 0.67µg (11.21%), Zinc: 1.57mg (10.45%), Vitamin D: 1.19µg (7.94%), Fiber: 1.86g (7.43%), Copper: 0.14mg (6.78%), Vitamin K: 3.86µg (3.67%), Vitamin C: 2.24mg (2.72%)