



Fried Chicken Bites

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



511 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings accompaniments: lime wedges; hot sauce
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 pounds chicken thighs boneless skinless cut into 1 1/2-inch pieces
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon sugar
- ☐ 2 cups vegetable oil

☐ 0.3 cup amber dark

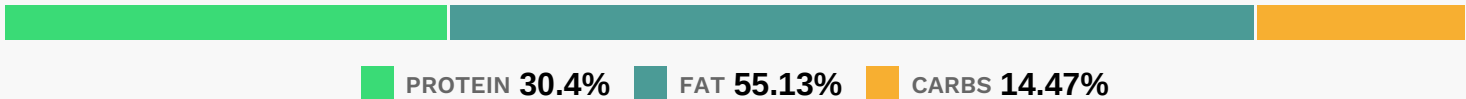
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Stir together rum, lime juice, soy sauce, and sugar in a shallow bowl until sugar has dissolved.
- ☐ Add chicken and stir to coat. Marinate at room temperature 25 minutes.
- ☐ While chicken finishes marinating, heat 1 inch oil in a deep 12-inch heavy skillet over medium-high heat until it shimmers.
- ☐ Meanwhile, whisk together flour, paprika, and 1/2 teaspoon salt in a shallow bowl.
- ☐ Drain chicken and pat dry. Dredge in flour, shaking off excess, then transfer to a plate.
- ☐ Fry chicken in 3 batches, turning occasionally, until deep golden brown and cooked through, 6 to 7 minutes per batch. (If chicken darkens too quickly, reduce heat.)
- ☐ Transfer to paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:10.83, Inflammation Score:-5, Nutrition Score:18.963043461675%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 511.4kcal (25.57%), Fat: 29.01g (44.63%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 16.44g (5.98%), Sugar: 3.57g (3.96%), Cholesterol: 161.59mg (53.86%), Sodium: 964.96mg

(41.95%), Alcohol: 5.01g (100%), Alcohol %: 1.85% (100%), Protein: 36g (72%), Selenium: 43.9µg (62.72%), Vitamin B3: 11.04mg (55.22%), Vitamin K: 45.36µg (43.2%), Vitamin B6: 0.8mg (40.21%), Phosphorus: 357.32mg (35.73%), Vitamin B2: 0.41mg (23.94%), Vitamin B5: 2.19mg (21.89%), Vitamin B1: 0.29mg (19.32%), Zinc: 2.79mg (18.58%), Vitamin B12: 1.09µg (18.14%), Vitamin E: 2.2mg (14.7%), Potassium: 488.1mg (13.95%), Iron: 2.51mg (13.94%), Magnesium: 50.02mg (12.5%), Manganese: 0.22mg (10.78%), Folate: 39.65µg (9.91%), Copper: 0.15mg (7.33%), Vitamin C: 4.61mg (5.59%), Vitamin A: 171.68IU (3.43%), Fiber: 0.69g (2.74%), Calcium: 23.28mg (2.33%)