



Fried Chicken Chunks (Chicharrones De Pollo) Dominican

 Dairy Free

READY IN



280 min.

SERVINGS



5

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon adobo seasoning
- 1 pound chicken breast boneless skinless cut into chunks
- 4 cups corn oil for frying
- 0.5 cup rum dark
- 3 cups flour all-purpose
- 0.5 cup garlic minced
- 3 tablespoons garlic powder

- 1 teaspoon ground coriander
- 1 teaspoon pepper black
- 0.5 cup juice of lemon
- 1 teaspoon onion powder
- 0.4 ounce complete seasoning with coriander and achiote
- 0.3 cup worcestershire sauce

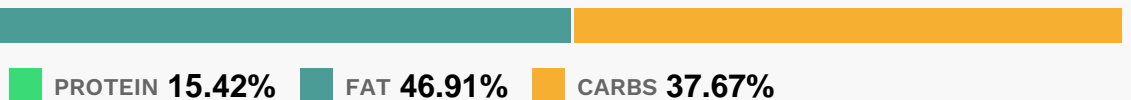
Equipment

- bowl
- pot

Directions

- Combine the chicken, rum, lemon juice, garlic, Worcestershire sauce, garlic powder, adobo seasoning, onion powder, pepper, coriander, and sazón seasoning in a bowl; stir. Cover and allow to marinate in refrigerator 4 hours.
- Heat the oil in a large pot over medium heat to about 300 degrees F (150 degrees C).
- Spread the flour into the bottom of a shallow dish. Coat each piece of marinated chicken with flour.
- Fry the coated chicken pieces in the hot oil in small batches until no longer pink in the center and golden brown on the outside, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:32.4, Glycemic Load:42.89, Inflammation Score:-7, Nutrition Score:25.855652042057%

Flavonoids

Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.33mg, Quercetin:

0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 806.34kcal (40.32%), Fat: 39.18g (60.28%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 70.78g (23.59%), Net Carbohydrates: 67.58g (24.57%), Sugar: 2.49g (2.77%), Cholesterol: 58.06mg (19.35%), Sodium: 475.74mg (20.68%), Alcohol: 8.02g (100%), Alcohol %: 2.37% (100%), Protein: 28.98g (57.97%), Selenium: 57.95µg (82.79%), Vitamin B3: 14.16mg (70.82%), Vitamin B6: 0.99mg (49.3%), Vitamin B1: 0.72mg (47.84%), Manganese: 0.88mg (43.82%), Vitamin E: 5.64mg (37.57%), Folate: 150.13µg (37.53%), Phosphorus: 329.39mg (32.94%), Vitamin B2: 0.51mg (29.91%), Iron: 5.23mg (29.05%), Vitamin C: 16.8mg (20.37%), Potassium: 684.8mg (19.57%), Vitamin B5: 1.78mg (17.83%), Vitamin K: 16.59µg (15.8%), Magnesium: 53.35mg (13.34%), Fiber: 3.2g (12.8%), Copper: 0.25mg (12.5%), Zinc: 1.46mg (9.72%), Calcium: 66.99mg (6.7%), Vitamin B12: 0.18µg (3.02%)