



18%
HEALTH SCORE

Garlic Chicken Fried Chicken

READY IN



35 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast halves boneless skinless thin
- 1 eggs
- 1 cup flour all-purpose
- 2 teaspoons garlic powder to taste
- 1 teaspoon pepper black
- 0.5 cup milk
- 1 cup cooking oil for frying or as needed
- 1 teaspoon paprika
- 1 teaspoon salt

0.5 cup seasoned bread crumbs

Equipment

frying pan

whisk

spatula

Directions

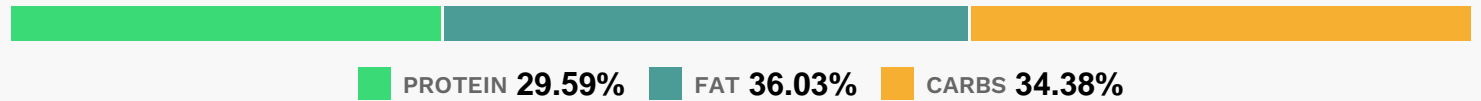
In a shallow dish, mix together the garlic powder, pepper, salt, paprika, bread crumbs and flour. In a separate dish, whisk together the milk and egg.

Heat the oil in an electric skillet set to 350 degrees F (175 degrees C). Dip the chicken into the egg and milk, then dredge in the dry ingredients until evenly coated.

Fry chicken in the hot oil for about 5 minutes per side, or until the chicken is cooked through and juices run clear.

Remove from the oil with a slotted spatula, and serve.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:17.92, Inflammation Score:-6, Nutrition Score:21.57782626152%

Nutrients (% of daily need)

Calories: 440.69kcal (22.03%), Fat: 17.37g (26.72%), Saturated Fat: 2.66g (16.59%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 35.29g (12.83%), Sugar: 2.54g (2.83%), Cholesterol: 117.05mg (39.02%), Sodium: 942.03mg (40.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.19%), Selenium: 54.83µg (78.33%), Vitamin B3: 14.66mg (73.32%), Vitamin B6: 0.96mg (48%), Phosphorus: 358.76mg (35.88%), Vitamin B1: 0.49mg (32.8%), Vitamin B2: 0.43mg (25.36%), Manganese: 0.47mg (23.49%), Vitamin B5: 2.15mg (21.54%), Folate: 85.76µg (21.44%), Iron: 3.04mg (16.9%), Vitamin E: 2.52mg (16.83%), Potassium: 583.18mg (16.66%), Vitamin K: 16.56µg (15.77%), Magnesium: 51.05mg (12.76%), Zinc: 1.43mg (9.53%), Vitamin B12: 0.54µg (9.02%), Calcium: 86.22mg (8.62%), Vitamin A: 420.67IU (8.41%), Fiber: 2.01g (8.06%), Copper: 0.14mg (6.95%), Vitamin D: 0.67µg (4.46%), Vitamin C: 1.78mg (2.16%)