



Grilled "Fried" Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.3 cup real mayo mayonnaise kraft
- 25 ritz crackers crushed
- 1.5 lb chicken thighs skinless

Equipment

- grill

Directions

- Heat grill to medium-low heat.
- Mix mayo and garlic.
- Brush chicken with mayo mixture; coat with combined crumbs and parsley.
- Grill, covered, 15 min. on each side or until chicken is done (165F).

Nutrition Facts

PROTEIN 35.76% **FAT 51.03%** **CARBS 13.21%**

Properties

Glycemic Index:2.8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.0330434624592%

Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 39.35kcal (1.97%), Fat: 2.19g (3.36%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.17g (0.18%), Cholesterol: 16.75mg (5.58%), Sodium: 40.8mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Vitamin K: 9.87µg (9.4%), Selenium: 3.98µg (5.69%), Vitamin B3: 1.05mg (5.24%), Vitamin B6: 0.08mg (3.96%), Phosphorus: 37.67mg (3.77%), Vitamin B5: 0.22mg (2.16%), Vitamin B2: 0.04mg (2.11%), Zinc: 0.28mg (1.85%), Vitamin B12: 0.11µg (1.84%), Vitamin B1: 0.02mg (1.62%), Iron: 0.25mg (1.38%), Potassium: 46.86mg (1.34%), Magnesium: 4.51mg (1.13%)