



Kid Pleasin' Fried Chicken and Quince Jelly over Macaroni and Cheese and Mashed Potatoes

 Very Healthy

READY IN



95 min.

SERVINGS



8

CALORIES



2293 kcal

SIDE DISH

Ingredients

- 8 chicken breast
- 0.5 cup butter
- 1 liter canola oil
- 0.5 cup chicken broth
- 0.3 cup chives chopped for garnish
- 3 eggs whole as needed

- 16 ounce elbow macaroni
- 0.5 cup flour all-purpose
- 2 cups flour all-purpose or as needed
- 1 cups half and half as needed
- 0.5 cup cup heavy whipping cream
- 3 tablespoons jam
- 0.3 cup milk
- 2 cups panko bread crumbs or as needed
- 4 large potatoes peeled cut into chunks
- 8 servings salt
- 0.5 cup penzey's southwest seasoning
- 2 cups cheddar cheese shredded
- 2 tablespoons butter unsalted cut into cubes
- 1 cup onion white chopped
- 8 servings pepper white

Equipment

- bowl
- sauce pan
- oven
- whisk

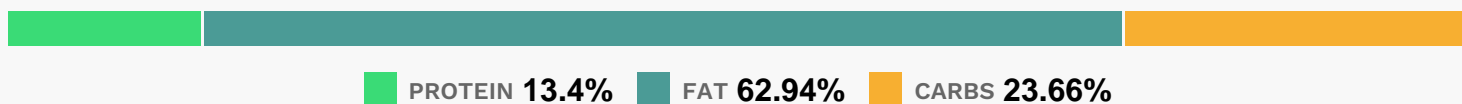
Directions

- Bring 2 pots of water to a boil, 1 each for the pasta and potatoes.
- Heat oil in a deep-fat fryer, then set up a breading station.
- Whisk together 3 eggs and a cup of the half-and-half for the egg wash. (Begin with this amount and whisk more together if needed.)
- Combine flour and huckleberry seasoning. Set up a bowl, each of: flour mixture, egg wash, and bread crumbs. Evenly coat chicken with flour (not too much or bread crumbs won't stick). Dip

floured chicken into egg wash, then into bread crumbs. Preheat oven to 325 degrees F. In a deep-fat fryer, lightly fry chicken until golden brown. Finish in the oven until completely cooked, at least 15 minutes.

- Remove from oven and let rest.
- While the chicken is cooking, boil the pasta until al dente and drain well so that you don't have excess cooking water which will dilute the flavor. Melt butter in a large saucepan over medium heat, add the onion and cook until translucent. Gradually add the flour to make a roux. Cook roux 5 minutes, until light golden in color. Incorporate enough of the chicken broth a little at a time to form a smooth sauce. Simmer for at least 10 minutes to allow the flour to cook out.
- Add the heavy cream and Cheddar and then season with salt and white pepper. Then fold in as much pasta as you need to acquire the right consistency for macaroni and cheese. Cover and set aside in a warm place.
- Boil the potatoes until tender and drain well. Then mash the potatoes and stir in cubed butter. Whip milk, salt and pepper into the potatoes with a beater.
- Form a bed of mashed potatoes make a well in the center. Spoon enough macaroni and cheese into the well until so that it just begins to breach the edges of the well. Spoon some of the quince jelly in the center of the mound of macaroni and cheese.
- Place a chicken breast on top of the macaroni and cheese, and garnish with fresh chopped chives.

Nutrition Facts



Properties

Glycemic Index:60.09, Glycemic Load:48.9, Inflammation Score:-9, Nutrition Score:60.28434753418%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 2293.37kcal (114.67%), Fat: 161.75g (248.85%), Saturated Fat: 31.41g (196.33%), Carbohydrates: 136.79g (45.6%), Net Carbohydrates: 121.93g (44.34%), Sugar: 11.38g (12.64%), Cholesterol: 300.9mg (100.3%), Sodium:

967.69mg (42.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.49g (154.98%), Selenium: 141.57µg (202.25%), Vitamin K: 187.03µg (178.13%), Vitamin E: 24.99mg (166.6%), Vitamin B3: 30.62mg (153.12%), Vitamin B6: 2.61mg (130.48%), Manganese: 2.11mg (105.66%), Phosphorus: 999.17mg (99.92%), Iron: 11.76mg (65.31%), Potassium: 2153.98mg (61.54%), Fiber: 14.87g (59.46%), Calcium: 592.83mg (59.28%), Vitamin B1: 0.87mg (57.87%), Vitamin B2: 0.98mg (57.5%), Vitamin C: 43.05mg (52.18%), Magnesium: 205.93mg (51.48%), Vitamin B5: 4.98mg (49.75%), Folate: 193.2µg (48.3%), Copper: 0.68mg (33.81%), Zinc: 5.06mg (33.76%), Vitamin A: 1530.39IU (30.61%), Vitamin B12: 1.11µg (18.44%), Vitamin D: 1.1µg (7.33%)