



Microwave Chili-Coated Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornmeal yellow
- ☐ 2 teaspoons chili powder
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 2 pounds chicken pieces
- ☐ 0.5 cup frangelico

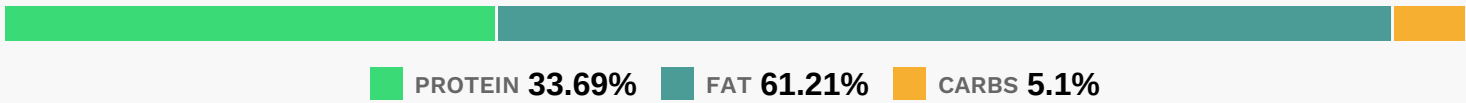
Equipment

☐ microwave

Directions

- ☐ Mix all ingredients except chicken in 2-quart resealable plastic food-storage bag.
- ☐ Shake 2 pieces of chicken at a time in bag until coated. Arrange chicken, skin sides up and thickest parts to outside edge, in ungreased 9-inch microwavable pie plate.
- ☐ Cover with waxed paper. Microwave on High 10 minutes. Turn pie plate 1/2 turn. Microwave 6 to 9 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:12.034347865892%

Nutrients (% of daily need)

Calories: 355.16kcal (17.76%), Fat: 23.73g (36.51%), Saturated Fat: 6.74g (42.1%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.44g (1.25%), Sugar: 0.2g (0.22%), Cholesterol: 115.67mg (38.56%), Sodium: 415.59mg (18.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.78%), Vitamin B3: 10.78mg (53.9%), Selenium: 22.75µg (32.5%), Vitamin B6: 0.6mg (30.06%), Phosphorus: 242.62mg (24.26%), Vitamin A: 759.02IU (15.18%), Zinc: 2.24mg (14.94%), Vitamin B5: 1.46mg (14.55%), Vitamin B2: 0.21mg (12.08%), Iron: 1.82mg (10.14%), Potassium: 339.37mg (9.7%), Magnesium: 38.69mg (9.67%), Vitamin B12: 0.48µg (7.97%), Vitamin B1: 0.11mg (7.45%), Vitamin E: 1.01mg (6.72%), Copper: 0.1mg (5.04%), Manganese: 0.09mg (4.75%), Fiber: 1.01g (4.03%), Vitamin K: 3.88µg (3.7%), Vitamin C: 2.48mg (3%), Folate: 11.49µg (2.87%), Calcium: 22.17mg (2.22%), Vitamin D: 0.31µg (2.06%)