



Pan-Fried Chicken Fingers with Spicy Dipping Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2.5 cups corn flakes/bran flakes crushed finely (such as Kashi 7-Grain Flakes)
- ☐ 1.5 tablespoons canola oil
- ☐ 1 pound chicken breast
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon juice of lime fresh

- ☐ 0.5 teaspoon soy sauce
- ☐ 0.3 cup mayonnaise
- ☐ 1.5 teaspoons paprika
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sriracha (such as huy fong) hot
- ☐ 1 tablespoon water

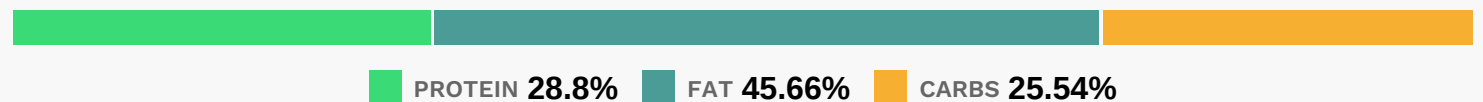
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare sauce, combine the mayonnaise, Sriracha, lime juice, and soy sauce in a small bowl, stirring with a whisk. Cover and chill.
- ☐ To prepare chicken, combine flour, black pepper, and paprika.
- ☐ Place flour mixture in a shallow dish.
- ☐ Combine eggs and 1 tablespoon water; place in another shallow dish.
- ☐ Place crushed cereal in another shallow dish.
- ☐ Sprinkle chicken evenly with salt. Working with 1 piece at a time, dredge chicken in flour mixture. Dip in egg mixture; dredge in cereal.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add chicken pieces to pan; cook 2 minutes on each side or until done.
- ☐ Serve immediately with sauce.

Nutrition Facts



Properties

Glycemic Index:61.06, Glycemic Load:15.7, Inflammation Score:-9, Nutrition Score:31.401738902797%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 421.96kcal (21.1%), Fat: 21.77g (33.49%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 22.15g (8.06%), Sugar: 4.98g (5.53%), Cholesterol: 171.45mg (57.15%), Sodium: 612.67mg (26.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.79%), Selenium: 60.15µg (85.92%), Vitamin B3: 16.58mg (82.9%), Vitamin B6: 1.34mg (67.21%), Manganese: 1.08mg (54.1%), Folate: 199.05µg (49.76%), Iron: 8.5mg (47.23%), Phosphorus: 416.24mg (41.62%), Vitamin B2: 0.63mg (37.22%), Vitamin B1: 0.47mg (31.66%), Vitamin B12: 1.72µg (28.6%), Vitamin K: 29.12µg (27.74%), Magnesium: 94.88mg (23.72%), Vitamin A: 1180.49IU (23.61%), Vitamin B5: 2.31mg (23.1%), Fiber: 5.25g (21.01%), Potassium: 632.12mg (18.06%), Zinc: 2.36mg (15.71%), Vitamin E: 2.29mg (15.25%), Copper: 0.2mg (10.24%), Vitamin D: 1.47µg (9.78%), Vitamin C: 3.24mg (3.93%), Calcium: 38.73mg (3.87%)