



Popcorn-Crusted Chicken Strips

READY IN



23 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1 large eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 cups popped popcorn plain
- ☐ 4 servings salt
- ☐ 1 pound chicken thighs boneless skinless trimmed of fat cut into 1 1/2-inch strips
- ☐ 1 tablespoon butter unsalted

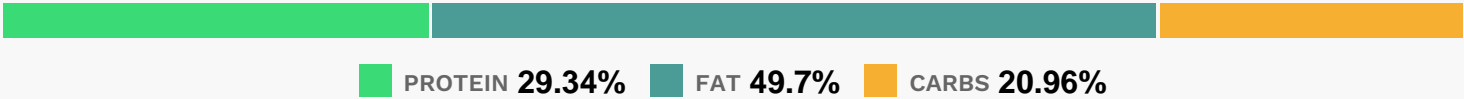
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Line a large baking sheet with foil or parchment. In a food processor, pulse popcorn, garlic powder and 1/4 tsp. salt until mixture resembles coarse bread crumbs.
- ☐ Transfer to a shallow bowl.
- ☐ Place flour in a second shallow bowl and egg in a third.
- ☐ Dredge each chicken piece in flour, then in beaten egg, then in popcorn crumbs, turning to coat.
- ☐ Transfer to baking sheet and repeat with remaining chicken. Discard any leftover flour, beaten egg and popcorn crumbs when finished.
- ☐ In a large skillet over medium-high heat, combine oil and butter. When butter has melted, add chicken, working in batches if necessary. Do not crowd skillet. Cook, turning once, until chicken is well-browned on both sides and cooked through, about 8minutes total.
- ☐ Sprinkle with additional salt, if desired.

Nutrition Facts



Properties

Glycemic Index:36.58, Glycemic Load:12.11, Inflammation Score:-3, Nutrition Score:14.184347847639%

Nutrients (% of daily need)

Calories: 360.78kcal (18.04%), Fat: 19.72g (30.34%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 17.06g (6.2%), Sugar: 0.17g (0.19%), Cholesterol: 161.75mg (53.92%), Sodium: 314.05mg (13.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.38%), Selenium: 34.89µg (49.84%), Vitamin

B3: 7.46mg (37.3%), Phosphorus: 285.61mg (28.56%), Vitamin B6: 0.55mg (27.6%), Vitamin B2: 0.34mg (20.21%), Vitamin B5: 1.67mg (16.7%), Vitamin B1: 0.24mg (16.01%), Vitamin E: 2.29mg (15.27%), Zinc: 2.26mg (15.09%), Vitamin B12: 0.84µg (14.05%), Iron: 2.14mg (11.88%), Manganese: 0.22mg (11.22%), Magnesium: 43.26mg (10.82%), Vitamin K: 11.2µg (10.67%), Folate: 41.84µg (10.46%), Potassium: 344.29mg (9.84%), Fiber: 1.65g (6.61%), Copper: 0.12mg (5.97%), Vitamin A: 198.35IU (3.97%), Calcium: 21.38mg (2.14%), Vitamin D: 0.3µg (2.02%)