



WHATSheATE



Potato-Crusted Chicken Fingers

READY IN



40 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil divided
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 6 ounces baked potato chips
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless cut into strips

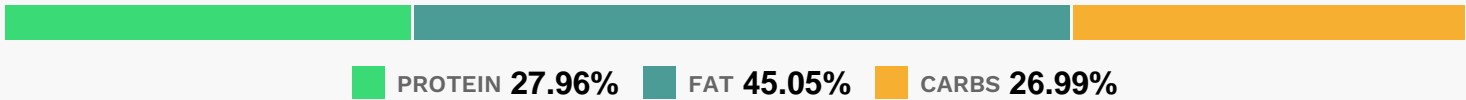
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Grind chips in a food processor, and place in a shallow dish.
- ☐ Place 3/4 cup flour in a shallow dish.
- ☐ Combine the milk and egg in a shallow dish.
- ☐ Sprinkle chicken with salt; dredge in flour. Dip chicken in milk mixture; dredge in ground chips.
- ☐ Heat 1 1/2 tablespoons oil in a large skillet over medium-high heat.
- ☐ Add half of chicken; cook 2 minutes on each side or until done. Repeat with remaining oil and chicken.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:12.94, Inflammation Score:-6, Nutrition Score:28.732608712238%

Nutrients (% of daily need)

Calories: 630.9kcal (31.54%), Fat: 31.37g (48.26%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 40.32g (14.66%), Sugar: 1.74g (1.94%), Cholesterol: 157.72mg (52.57%), Sodium: 744.18mg (32.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.8g (87.6%), Vitamin B3: 21.19mg (105.93%), Selenium: 68.02µg (97.16%), Vitamin B6: 1.54mg (77.13%), Phosphorus: 499.47mg (49.95%), Vitamin B5: 4.67mg (46.72%), Vitamin E: 6.74mg (44.92%), Potassium: 1223.34mg (34.95%), Vitamin B1: 0.4mg (26.66%), Vitamin B2: 0.44mg (25.59%), Manganese: 0.48mg (23.8%), Magnesium: 80.92mg (20.23%), Folate: 69.38µg (17.34%), Vitamin K: 17.39µg (16.56%), Iron: 2.49mg (13.82%), Vitamin C: 11.29mg (13.68%), Zinc: 1.92mg (12.78%), Vitamin B12: 0.61µg (10.13%), Copper: 0.19mg (9.51%), Fiber: 1.95g (7.8%), Calcium: 63.53mg (6.35%), Vitamin A: 148.62IU (2.97%), Vitamin D: 0.42µg (2.8%)