



Savory Pan-Fried Chicken with Hot Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1.5 tablespoons canola oil
- 1 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper red
- 1.5 tablespoons hot sauce
- 0.5 teaspoon kosher salt divided

- 1 teaspoon onion powder
- 3 ounce chicken thighs boneless skinless

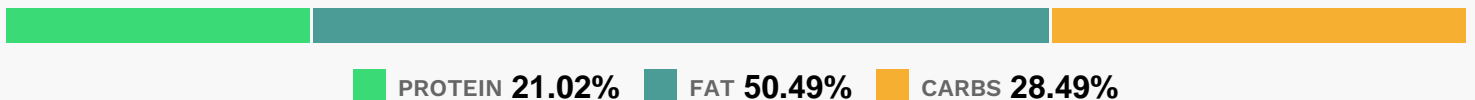
Equipment

- frying pan
- paper towels

Directions

- Combine chicken and egg in a shallow dish; toss to coat.
- Combine flour, 1/4 teaspoon salt, garlic powder, and next 3 ingredients (through red pepper) in a shallow dish; dredge chicken in flour mixture.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add chicken; cook 5 minutes on each side or until browned and done.
- Drain chicken on a plate lined with paper towels.
- Sprinkle with remaining 1/4 teaspoon salt; top with hot sauce.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:5.86, Inflammation Score:-2, Nutrition Score:5.6526086745055%

Nutrients (% of daily need)

Calories: 134.28kcal (6.71%), Fat: 7.5g (11.54%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.89g (3.23%), Sugar: 0.22g (0.24%), Cholesterol: 66.7mg (22.23%), Sodium: 457.4mg (19.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Selenium: 12.47µg (17.82%), Vitamin B3: 1.86mg (9.3%), Vitamin B2: 0.15mg (9.11%), Phosphorus: 82.53mg (8.25%), Manganese: 0.16mg (8.18%), Vitamin E: 1.19mg (7.91%), Vitamin B1: 0.11mg (7.64%), Vitamin B6: 0.15mg (7.58%), Folate: 27.1µg (6.78%), Iron: 1.03mg (5.71%), Vitamin K: 5.59µg (5.32%), Vitamin B5: 0.51mg (5.14%), Vitamin C: 3.96mg (4.8%), Zinc: 0.62mg (4.12%), Vitamin B12: 0.25µg (4.12%), Vitamin A: 187.26IU (3.75%), Potassium: 113.12mg (3.23%), Magnesium: 11.31mg (2.83%), Copper: 0.05mg (2.6%), Fiber: 0.63g (2.54%), Vitamin D: 0.25µg (1.67%), Calcium: 16.14mg (1.61%)