



Southwest Crispy Chicken Sliders

READY IN



32 min.

SERVINGS



6

CALORIES



455 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices bacon crumbled cooked
- ☐ 1 avocado pitted ripe peeled
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons canola oil divided
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup nonfat buttermilk fat-free

- ☐ 0.3 cup skim milk fat-free
- ☐ 0.7 cup flour all-purpose
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.7 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup sharp cheddar cheese shredded
- ☐ 18 ounce chicken breast halves boneless skinless
- ☐ 6 inch tomatoes ripe
- ☐ 0.7 cup cornmeal yellow

Equipment

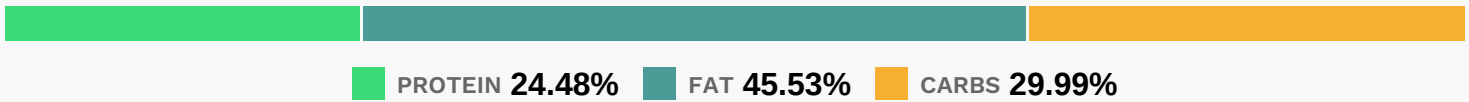
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare muffins, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cornmeal, baking soda, baking powder, and 1/4 teaspoon salt in a medium bowl, stirring well with a whisk.
- ☐ Combine buttermilk, butter, and 1 egg, stirring well.
- ☐ Add buttermilk mixture to flour mixture, stirring just until combined. Stir in cheese and jalapeno. Spoon batter into 12 muffin cups coated with cooking spray.

- ☐ Bake at 350 for 17 minutes or until a wooden pick comes out clean. Cool 5 minutes in pan on a wire rack.
- ☐ Remove muffins from pan; cool on a wire rack.
- ☐ Cut muffins in half crosswise.
- ☐ To prepare chicken, place panko in a shallow dish.
- ☐ Combine fat-free milk and 1 egg in a shallow dish, stirring well. Split each chicken breast in half lengthwise to form 2 cutlets; cut each piece in half, crosswise, to form 12 pieces.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat. Dip chicken in egg mixture; dredge in panko. Coat panko lightly with cooking spray.
- ☐ Add 6 chicken cutlets to pan; cook 3 minutes on each side or until golden and done. Repeat procedure with remaining 1 tablespoon oil, remaining 6 chicken cutlets, and cooking spray.
- ☐ To prepare additional ingredients, combine avocado and lime juice; mash to desired consistency. Stir in bacon.
- ☐ Place 2 muffin bottom halves on each of 6 plates. Divide avocado mixture evenly among muffins; top each slider with 1 chicken cutlet and 1 tomato slice.
- ☐ Sprinkle tomato evenly with 1/4 teaspoon salt and black pepper; top with muffin tops.

Nutrition Facts



Properties

Glycemic Index:81.29, Glycemic Load:15.91, Inflammation Score:-6, Nutrition Score:19.32608693579%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 454.66kcal (22.73%), Fat: 22.97g (35.34%), Saturated Fat: 6.67g (41.71%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 29.33g (10.67%), Sugar: 3.19g (3.54%), Cholesterol: 107.48mg (35.83%), Sodium: 565.23mg (24.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.57%), Selenium: 40.87µg (58.39%), Vitamin B3: 11.52mg (57.59%), Vitamin B6: 0.9mg (44.91%), Phosphorus: 334.86mg (33.49%), Vitamin B1: 0.34mg (22.47%), Vitamin B5: 2.13mg (21.29%), Vitamin B2: 0.33mg (19.39%), Folate: 75.86µg (18.97%), Fiber: 4.7g (18.82%), Potassium: 625.91mg (17.88%), Manganese: 0.35mg (17.5%), Magnesium: 62.5mg (15.62%), Vitamin E: 2.13mg (14.18%), Zinc: 1.93mg (12.89%), Iron: 2.22mg (12.34%), Vitamin K: 12.33µg (11.74%), Calcium: 102.46mg (10.25%), Vitamin C: 8.34mg (10.11%), Copper: 0.18mg (9.1%), Vitamin A: 370.09IU (7.4%), Vitamin B12: 0.44µg (7.3%), Vitamin D: 0.43µg (2.87%)