



Tortilla Chip-Crusted Chicken

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast
- 0.5 teaspoon chili powder
- 2 large eggs
- 0.3 cup flour all-purpose
- 2 garlic clove pressed
- 0.3 teaspoon ground cumin
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 2 cups tortilla chips crushed

Equipment

- frying pan
- oven
- whisk
- wire rack

Directions

- Preheat oven to 425
- Sprinkle chicken with salt and pepper.
- Stir together 1/3 cup flour and next 3 ingredients.
- Whisk eggs just until foamy, and stir in pressed garlic.
- Place a wire rack coated with cooking spray in a 15- x 10-inch jelly-roll pan.
- Dredge chicken tenders in flour mixture, shaking off excess; dip in egg mixture, and dredge in crushed tortilla chips. Lightly coat chicken on each side with cooking spray; arrange chicken on wire rack.
- Bake at 425 for 18 to 20 minutes or until golden brown and done, turning once after 12 minutes.
- Serve with Pineapple-Kiwi Salsa, if desired.

Nutrition Facts



PROTEIN 27.19% **FAT 32.7%** **CARBS 40.11%**

Properties

Glycemic Index:36.75, Glycemic Load:5.91, Inflammation Score:-6, Nutrition Score:19.93000019115%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 478.73kcal (23.94%), Fat: 17.4g (26.78%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 48.04g (16.01%), Net Carbohydrates: 44.39g (16.14%), Sugar: 0.62g (0.68%), Cholesterol: 165.57mg (55.19%), Sodium: 651.19mg (28.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.57g (65.14%), Selenium: 50.31µg (71.87%), Vitamin B3: 13mg (65.01%), Vitamin B6: 1.03mg (51.34%), Phosphorus: 432.5mg (43.25%), Vitamin B5: 2.74mg (27.41%), Magnesium: 85.18mg (21.29%), Vitamin B2: 0.33mg (19.14%), Vitamin E: 2.66mg (17.74%), Potassium: 587.87mg (16.8%), Vitamin B1: 0.25mg (16.66%), Fiber: 3.66g (14.62%), Iron: 2.47mg (13.74%), Vitamin K: 14.41µg (13.72%), Zinc: 1.89mg (12.6%), Folate: 42.99µg (10.75%), Calcium: 91.61mg (9.16%), Manganese: 0.16mg (7.89%), Vitamin B12: 0.45µg (7.49%), Copper: 0.13mg (6.55%), Vitamin A: 251.53IU (5.03%), Vitamin D: 0.61µg (4.09%), Vitamin C: 1.85mg (2.24%)