



Two-Bite Fried Chicken

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp pepper black
- 0.5 tsp chili powder
- 0.5 cup flour
- 2 Tbsp a.1. original sauce
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 Tbsp juice of lime
- 1 cup planters peanut oil
- 2 lb chicken thighs boneless skinless cut in half

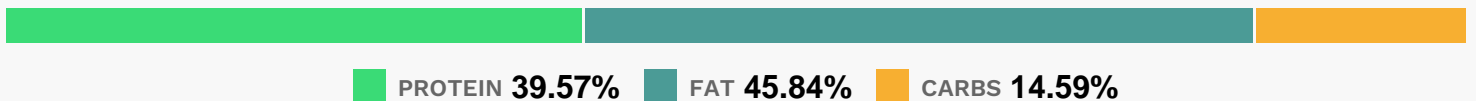
Equipment

- frying pan
- paper towels

Directions

- Place chicken in shallow dish.
- Mix dressing, A.
- and lime juice until blended; pour over chicken. Turn to evenly coat each piece. Refrigerate 1 hour to marinate.
- Drain chicken; discard marinade.
- Mix flour and seasonings in pie plate.
- Add chicken, a few pieces at a time; turn to evenly coat each piece.
- Place on large plate.
- Heat oil in large skillet to 350F.
- Add chicken in batches; cook 11 to 13 min. or until golden brown and done (165F), turning after 6 min.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:4.33, Inflammation Score:-2, Nutrition Score:10.652608710787%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 235.04kcal (11.75%), Fat: 11.72g (18.03%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 8.07g (2.94%), Sugar: 1.76g (1.95%), Cholesterol: 107.73mg (35.91%), Sodium: 221.87mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.53%), Selenium: 28.47µg (40.67%), Vitamin B3: 6.83mg (34.15%), Vitamin B6: 0.52mg (25.9%), Phosphorus: 222.82mg (22.28%), Vitamin B2: 0.24mg (14.22%), Vitamin B5: 1.4mg (14.03%), Vitamin B12: 0.73µg (12.1%), Zinc: 1.8mg (11.97%), Vitamin B1: 0.17mg (11.09%), Potassium: 301.69mg (8.62%), Vitamin E: 1.29mg (8.61%), Vitamin K: 7.87µg (7.49%), Iron: 1.34mg (7.42%), Magnesium: 28.93mg (7.23%), Folate: 19.28µg (4.82%), Manganese: 0.09mg (4.66%), Copper: 0.08mg (4.03%), Vitamin A: 82.45IU (1.65%), Vitamin C: 1.16mg (1.4%), Calcium: 13.97mg (1.4%), Fiber: 0.32g (1.27%)