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## Crisp Taco Chicken ♦

Crisp Taco Chicken is a delicious and flavorful recipe that combines the crispy texture of chicken with the bold flavors of taco seasoning. It is a popular dish that is often enjoyed as a main course. The chicken is coated in a mixture of spices and then cooked until crispy and golden brown. It can be served with a variety of toppings and accompaniments, such as salsa, guacamole, and sour cream.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	chicken breast
<b>2 tbsp</b>	taco seasoning
<b>50 g</b>	Flour
<b>2 pieces</b>	Egg

100 g    Breadcrumbs

4 tbsp    Oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a shallow dish, mix the taco seasoning and flour.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In another shallow dish, beat the eggs.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Dipping

Dip each chicken breast into the taco seasoning mixture, then into the beaten eggs, and finally into the breadcrumbs, pressing firmly to adhere.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Frying

Heat the oil in a large oven-safe skillet over medium-high heat. Add the breaded chicken breasts and cook until golden brown on both sides, about 3-4 minutes per side.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

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## Step 6

Oven

Transfer the skillet to the preheated oven and bake for 12-15 minutes, or until the chicken is cooked through and crispy.

**Prep Time:** 0 mins

**Cook Time:** 12 mins

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## Step 7

### Resting

Remove the skillet from the oven and let the chicken rest for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 15 g

**Protein:** 35 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Cuisines

Mexican

Middle Eastern

### Course

Snacks

Side Dishes

### Events

Game Day

### Diet

Anti-Inflammatory Diet

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

Mixer

Oven

Stove

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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