

# Cuban Chicharrones de Pollo

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/picante-de-pollo-peruvian-recipe>

## Ingredients:

- 1 pound chicken thighs boneless and skinless
- vegetable oil for frying
- lime wedges for serving
- fresh parsley chopped for garnish, optional
- 4 cloves garlic minced
- 1 onion roughly chopped
- 4 limes
- lime zest
- 1/4 cup light rum
- 1 cup flour all-purpose
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon cumin
- 1 tablespoon dried oregano
- 1 teaspoon sweet paprika

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 65 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 460 milligrams
9. Sugar: 3 grams

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