

Firecracker Chicken

Yield: 5 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-firecracker-recipe>

Ingredients:

- 4 tablespoons canola oil
- 4 skinless chicken breasts boneless, about 2 pounds
- salt
- pepper
- 1 cup cornstarch
- 2 large eggs beaten
- 1/3 cup hot sauce like Frank's brand for hot wings, for instance
- 1 cup light brown sugar packed
- 1 tablespoon water
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon salt

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 145 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 940 milligrams
9. Sugar: 43 grams

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