



Almost-Famous Chicken Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon baking soda
- 1 tablespoon confectioners' sugar
- 0.3 teaspoon mustard dry
- 1 large eggs
- 0.8 cup flour all-purpose
- 4 hamburger buns split soft
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon liquid malt extract
- 0.5 cup nonfat milk

- 1 teaspoon paprika
- 4 servings vegetable oil; peanut oil preferred for frying
- 1 pickle sour cut into 8 slices, plus 1 tablespoon pickle juice from the jar
- 12 ounces chicken breasts boneless skinless
- 1 tablespoon butter unsalted softened
- 2 teaspoons vinegar white
- 0.3 cup flour whole-wheat

Equipment

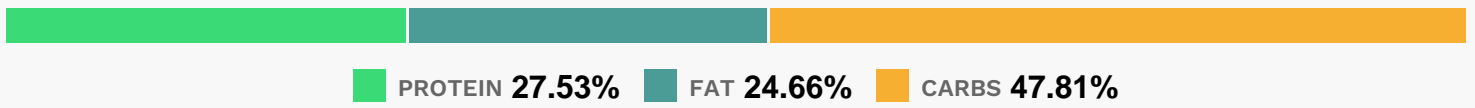
- bowl
- frying pan
- paper towels
- whisk
- pot
- plastic wrap
- baking pan
- kitchen thermometer

Directions

- Cut the chicken breasts in half horizontally to make 4 thin cutlets.
- Place the cutlets between 2 pieces of heavy-duty plastic wrap and pound to 1/8-inch thick with a mallet or heavy skillet. Season the chicken with 1 teaspoon salt and 1/2 teaspoon each pepper and paprika.
- Heat about 2 inches peanut oil in a heavy-bottomed pot over medium heat until a deep-fry thermometer registers 325 degrees F. Meanwhile, whisk the egg, milk and 2 tablespoons water in a baking dish.
- Whisk both flours, the malted milk powder, confectioners sugar, baking soda, dry mustard, the remaining 1/2 teaspoon paprika and 1 teaspoon each salt and pepper in another dish. Toss the pickle slices, pickle juice and vinegar in a bowl and set aside.

- Working in batches, dip the chicken in the egg mixture, turning to coat, then dredge in the flour mixture and shake off any excess. Fry the chicken in the hot oil until golden brown, about 4 minutes, adjusting the heat as needed.
- Drain on paper towels.
- Heat a large skillet over medium heat.
- Spread the cut sides of the buns with some of the butter and lightly toast in the skillet, buttered-side down; spread with more butter. Put 2 pickle slices on each bun bottom; top with a piece of chicken and cover with the bun tops.
- Photograph by Kate Sears

Nutrition Facts



Properties

Glycemic Index:58.81, Glycemic Load:26.33, Inflammation Score:-6, Nutrition Score:20.939130430636%

Nutrients (% of daily need)

Calories: 422.1kcal (21.11%), Fat: 11.39g (17.53%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 47.31g (17.21%), Sugar: 7.49g (8.32%), Cholesterol: 109.7mg (36.57%), Sodium: 614.34mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.25%), Selenium: 56.52µg (80.74%), Vitamin B3: 12.6mg (62.99%), Vitamin B6: 0.76mg (38.04%), Manganese: 0.74mg (36.81%), Vitamin B1: 0.54mg (36.1%), Phosphorus: 340.11mg (34.01%), Vitamin B2: 0.46mg (26.99%), Folate: 97.69µg (24.42%), Iron: 3.5mg (19.43%), Vitamin B5: 1.69mg (16.87%), Potassium: 511.55mg (14.62%), Magnesium: 55.34mg (13.84%), Calcium: 126.37mg (12.64%), Zinc: 1.51mg (10.08%), Vitamin A: 493.45IU (9.87%), Fiber: 2.4g (9.6%), Vitamin B12: 0.56µg (9.37%), Vitamin E: 1.15mg (7.69%), Copper: 0.15mg (7.6%), Vitamin D: 0.72µg (4.83%), Vitamin K: 3.23µg (3.08%), Vitamin C: 1.63mg (1.98%)