



Chicken-Fried Ribs

READY IN



30 min.

SERVINGS



4

CALORIES



1197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound baby back ribs cut into ribs
- ☐ 1 cucumber grated
- ☐ 2 tablespoons dijon mustard
- ☐ 3 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons mayonnaise
- ☐ 1.5 cups panko bread crumbs (Japanese bread crumbs)
- ☐ 0.5 cup cream sour
- ☐ 6 cups vegetable oil

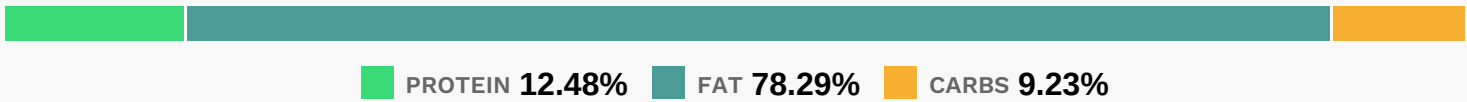
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 200°F.
- ☐ Heat 3/4 inch oil to 325°F in a deep 12-inch skillet over medium heat.
- ☐ Meanwhile, season ribs with 3/4 teaspoon salt and 1/2 teaspoon pepper. Put flour, eggs, and panko in 3 separate shallow bowls. Dredge ribs in flour, then coat with egg, letting excess drip off, and panko.
- ☐ Fry ribs in batches, turning once, until golden brown and cooked through, 7 to 8 minutes per batch.
- ☐ Transfer first batch to a paper-towel-lined baking sheet and keep warm in oven. (Return oil to 325°F between batches.)
- ☐ Stir together sauce ingredients.
- ☐ Serve ribs with sauce.
- ☐ boiled or mashed potatoes

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:5.96, Inflammation Score:-7, Nutrition Score:31.522173954093%

Nutrients (% of daily need)

Calories: 1196.71kcal (59.84%), Fat: 104.78g (161.2%), Saturated Fat: 23.45g (146.56%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 25.66g (9.33%), Sugar: 3.72g (4.14%), Cholesterol: 257.99mg (86%), Sodium: 479.83mg (20.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.58g (75.16%), Vitamin K: 139.25µg (132.62%), Selenium: 68.43µg (97.75%), Vitamin B1: 1.01mg (67.41%), Vitamin B3: 11.91mg (59.57%), Vitamin B2:

0.82mg (48.39%), Vitamin E: 6.5mg (43.32%), Phosphorus: 389.83mg (38.98%), Vitamin B6: 0.75mg (37.71%), Zinc: 4.79mg (31.95%), Vitamin B5: 2.22mg (22.25%), Vitamin B12: 1.28µg (21.36%), Iron: 3.64mg (20.25%), Manganese: 0.39mg (19.47%), Folate: 73.86µg (18.47%), Potassium: 610.5mg (17.44%), Vitamin D: 2.34µg (15.57%), Calcium: 152.85mg (15.29%), Copper: 0.29mg (14.74%), Magnesium: 54.87mg (13.72%), Vitamin A: 476.92IU (9.54%), Fiber: 2.14g (8.57%), Vitamin C: 2.69mg (3.26%)