

Chicken Katsu

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast halves boneless skinless
- 1 eggs beaten
- 2 tablespoons flour all-purpose
- 1 cup cooking oil for frying or as needed
- 1 cup panko bread crumbs
- 4 servings salt and pepper to taste

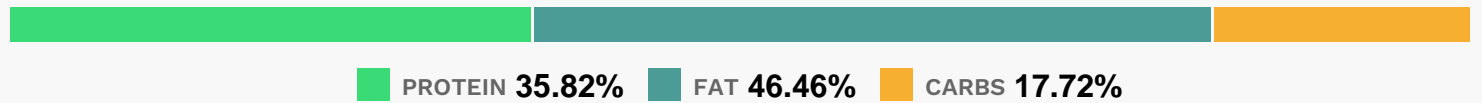
Equipment

- frying pan

Directions

- Season the chicken breasts on both sides with salt and pepper.
- Place the flour, egg and panko crumbs into separate shallow dishes. Coat the chicken breasts in flour, shaking off any excess. Dip them into the egg, and then press into the panko crumbs until well coated on both sides.
- Heat 1/4 inch of oil in a large skillet over medium-high heat.
- Place chicken in the hot oil, and cook 3 or 4 minutes per side, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:15.410869867905%

Nutrients (% of daily need)

Calories: 316.46kcal (15.82%), Fat: 16g (24.62%), Saturated Fat: 2g (12.47%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 12.96g (4.71%), Sugar: 0.98g (1.09%), Cholesterol: 113.24mg (37.75%), Sodium: 450.36mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.53%), Vitamin B3: 13.01mg (65.05%), Selenium: 44.59µg (63.7%), Vitamin B6: 0.88mg (44.24%), Phosphorus: 287.88mg (28.79%), Vitamin B5: 1.88mg (18.78%), Vitamin B1: 0.25mg (16.75%), Vitamin E: 2.3mg (15.36%), Vitamin B2: 0.24mg (14.25%), Potassium: 466.73mg (13.34%), Magnesium: 37.98mg (9.49%), Manganese: 0.18mg (9.2%), Vitamin K: 9.25µg (8.81%), Iron: 1.51mg (8.39%), Folate: 32.6µg (8.15%), Zinc: 1.04mg (6.94%), Vitamin B12: 0.38µg (6.27%), Copper: 0.08mg (4.11%), Calcium: 39.94mg (3.99%), Fiber: 0.78g (3.11%), Vitamin D: 0.33µg (2.22%), Vitamin A: 93.3IU (1.87%), Vitamin C: 1.36mg (1.64%)