



Chicken Schnitzels

READY IN



35 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound boned chicken breasts or boned thighs
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 2 cups panko bread crumbs
- ☐ 6 servings vegetable oil for frying

Equipment

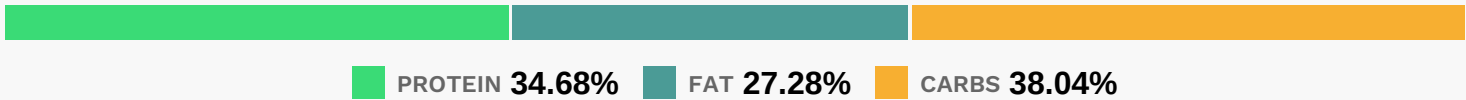
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ tongs
- ☐ deep fryer

Directions

- ☐ In a deep fryer or skillet, heat oil to 365 degrees.
- ☐ Place the flour and bread crumbs on separate plates. In a medium bowl, mix together the egg and milk. Diagonally slice the breasts and/or thighs 1/2-inch thick. Between waxed paper, pound to 1/3-inch. Dredge chicken in the flour and shake off the excess. Dip into the egg mixture to coat, then dredge in bread crumbs. Working in small batches, fry for 3 or 4 minutes on each side until golden brown.
- ☐ Remove from the oil with tongs and drain well on paper towels.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:6.29, Inflammation Score:-4, Nutrition Score:13.674782436827%

Nutrients (% of daily need)

Calories: 256.64kcal (12.83%), Fat: 7.59g (11.68%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 22.64g (8.23%), Sugar: 2.76g (3.07%), Cholesterol: 79.32mg (26.44%), Sodium: 256.31mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.44%), Selenium: 35.59µg (50.85%), Vitamin B3: 9.86mg (49.32%), Vitamin B6: 0.63mg (31.3%), Phosphorus: 248.33mg (24.83%), Vitamin B1: 0.34mg (22.9%), Vitamin B2: 0.28mg (16.66%), Vitamin B5: 1.46mg (14.59%), Manganese: 0.27mg (13.47%), Folate: 46.93µg (11.73%), Potassium: 385.93mg (11.03%), Iron: 1.86mg (10.32%), Magnesium: 35.09mg (8.77%), Calcium: 83.56mg (8.36%), Vitamin B12: 0.45µg (7.52%), Zinc: 1.02mg (6.81%), Vitamin K: 6.77µg (6.44%), Fiber: 1.18g (4.72%), Copper: 0.09mg (4.6%), Vitamin D: 0.56µg (3.72%), Vitamin E: 0.49mg (3.25%), Vitamin A: 111.69IU (2.23%), Vitamin C: 0.91mg (1.1%)