



Crispy Chicken with Soy-Mayo Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cornstarch
- 1 eggs
- 2 tablespoons flour all-purpose
- 0.1 teaspoon ground pepper black
- 1.5 teaspoons honey
- 1 tablespoon catsup
- 0.5 teaspoon juice of lemon
- 5 tablespoons mayonnaise divided

- 2 tablespoons sake (Japanese rice wine)
- 0.1 teaspoon salt
- 0.5 pound chicken breast boneless skinless cut into 1-inch cubes
- 0.8 teaspoon soya sauce
- 1 cup vegetable oil or as needed

Equipment

- bowl
- frying pan
- whisk
- plastic wrap

Directions

- Put chicken pieces in a bowl; season with salt and pepper.
- Stir sake and 2 tablespoons mayonnaise together in a separate bowl until smooth; add chicken and mix to coat. Cover bowl with plastic wrap and refrigerate at least 15 minutes.
- Whisk remaining 3 tablespoons mayonnaise, ketchup, honey, soy sauce, and lemon juice together in a bowl. Stir cornstarch and flour together in a separate shallow bowl. Beat egg in a third bowl.
- Pour enough oil into a large skillet to be about 1/4 inch deep; heat over medium-high heat.
- Remove chicken from the marinade and shake off excess. Discard remaining marinade.
- Coat chicken in the cornstarch mixture; dip chicken pieces into the beaten egg and gently drop into the hot oil.
- Fry chicken, turning regularly, until golden brown and no longer pink in the center, 7 to 10 minutes; transfer to a large bowl.
- Drizzle mayonnaise sauce over fried chicken and quickly mix to coat.

Nutrition Facts



Properties

Glycemic Index:112.14, Glycemic Load:6.53, Inflammation Score:-5, Nutrition Score:19.493043350137%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 694.8kcal (34.74%), Fat: 53.1g (81.7%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 20.44g (7.43%), Sugar: 6.28g (6.98%), Cholesterol: 169.11mg (56.37%), Sodium: 725.5mg (31.54%), Alcohol: 2.41g (100%), Alcohol %: 0.94% (100%), Protein: 28.4g (56.8%), Vitamin K: 97.89µg (93.22%), Selenium: 46.94µg (67.06%), Vitamin B3: 12.49mg (62.46%), Vitamin B6: 0.91mg (45.57%), Phosphorus: 304.47mg (30.45%), Vitamin E: 3.49mg (23.3%), Vitamin B5: 2.07mg (20.65%), Vitamin B2: 0.28mg (16.23%), Potassium: 500.5mg (14.3%), Vitamin B1: 0.15mg (9.76%), Magnesium: 37.54mg (9.38%), Folate: 31.81µg (7.95%), Iron: 1.4mg (7.77%), Vitamin B12: 0.46µg (7.74%), Zinc: 1.09mg (7.27%), Manganese: 0.12mg (6.02%), Vitamin A: 214.8IU (4.3%), Vitamin D: 0.62µg (4.16%), Copper: 0.08mg (4.13%), Vitamin C: 2.18mg (2.64%), Calcium: 25.43mg (2.54%), Fiber: 0.36g (1.44%)