



Crispy Pan-Fried Chicken with Ranch Dipping Sauce

READY IN



18 min.

SERVINGS



2

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon cornstarch
- ☐ 1 large egg whites lightly beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 Dash ground pepper red
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup ranch dressing reduced-fat

☐ 6 ounce chicken breast boneless skinless

Equipment

☐ bowl

☐ frying pan

Directions

☐ Cut chicken breast into 6 strips.

☐ Combine cornstarch, garlic powder, and pepper in a shallow bowl.

☐ Combine milk and egg white in another shallow bowl.

☐ Place panko in a third shallow bowl. Dredge chicken in cornstarch mixture; dip in milk mixture.

☐ Place chicken in panko, turning to coat.

☐ Heat a medium nonstick skillet over medium-high heat.

☐ Add oil to pan; swirl to coat.

☐ Add chicken; saut 3 minutes on each side or until browned and done.

☐ Serve with ranch dressing.

☐ THE FAST-FOOD LOVER'S BENTO

☐ For the teen who needs to break a bad food habit, this box contains healthier options and a big dose of protein to help keep all engines firing through after-school activities.

☐ Make Our Recipe: Crispy Pan-Fried Chicken with Ranch Dipping Sauce

☐ Then add

☐ cup carrot sticks

☐ cup celery sticks

☐ cup cucumber sticks

☐ high-protein chewy granola bars (such as Kellogg's Fiber

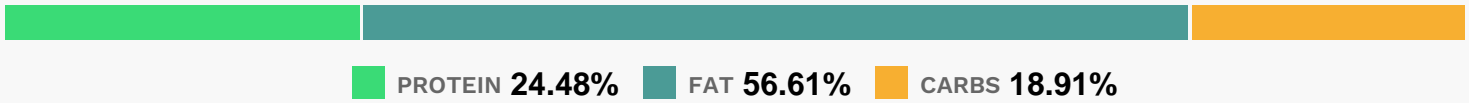
☐ Plus Protein

☐ Mixed Nut Chewy Bars)

☐ Serves 2

Each lunch has 504 calories, 2g fat,(3g sat fat), 7g protein, 5g carbs, 7g fiber, and 742mg sodium.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:14.771739187448%

Nutrients (% of daily need)

Calories: 380kcal (19%), Fat: 23.53g (36.21%), Saturated Fat: 3.35g (20.97%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 16.9g (6.14%), Sugar: 3.22g (3.58%), Cholesterol: 62.98mg (20.99%), Sodium: 512.82mg (22.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.8%), Selenium: 35.96µg (51.37%), Vitamin B3: 9.93mg (49.63%), Vitamin K: 46.41µg (44.2%), Vitamin B6: 0.69mg (34.38%), Phosphorus: 280.85mg (28.08%), Vitamin B5: 1.63mg (16.25%), Vitamin B2: 0.27mg (15.68%), Vitamin B1: 0.22mg (14.44%), Vitamin E: 2.09mg (13.92%), Potassium: 424.1mg (12.12%), Manganese: 0.18mg (8.8%), Magnesium: 34.45mg (8.61%), Iron: 1.21mg (6.71%), Vitamin B12: 0.38µg (6.33%), Calcium: 60.9mg (6.09%), Zinc: 0.86mg (5.72%), Folate: 22.02µg (5.5%), Copper: 0.08mg (3.85%), Fiber: 0.79g (3.17%), Vitamin D: 0.28µg (1.87%), Vitamin A: 87.12IU (1.74%), Vitamin C: 1.07mg (1.29%)