



Lemony Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart buttermilk
- ☐ 0.3 cup chicken broth
- ☐ 1 cup cornstarch
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground ginger
- ☐ 11 ounce lemon curd
- ☐ 1 tablespoon lemon zest from 1 lemon
- ☐ 4 chicken breasts boneless skinless cut in strips
- ☐ 0.5 teaspoon soya sauce

☐ 4 servings vegetable oil for frying

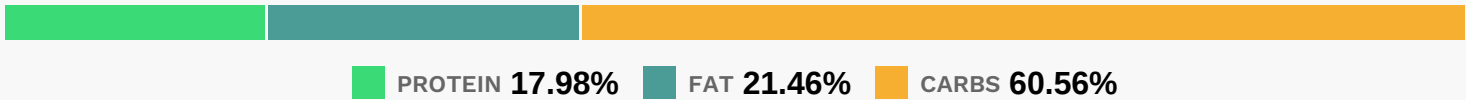
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Add enough oil to cover the bottom of a large frying pan by 1/4 to 1/2-inch depth.
- ☐ Heat oil to 365 degrees F.
- ☐ Meanwhile, whisk buttermilk and zest together in a medium bowl.
- ☐ Add chicken and set aside. Sift together flour and cornstarch into a shallow dish.
- ☐ Remove chicken from buttermilk mixture and dredge in flour mixture. Fry chicken strips until golden brown, about 4 to 5 minutes. Carefully flip chicken and continue cooking another 3 to 4 minutes.
- ☐ Drain on paper towels.
- ☐ While chicken is frying, make the sauce. In a small saucepan over low heat, melt lemon curd, stirring constantly.
- ☐ Add remaining ingredients and heat through.
- ☐ Drizzle sauce over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:38.09, Inflammation Score:-7, Nutrition Score:28.000869574754%

Nutrients (% of daily need)

Calories: 913.3kcal (45.67%), Fat: 21.4g (32.92%), Saturated Fat: 10.27g (64.18%), Carbohydrates: 135.89g (45.3%), Net Carbohydrates: 133.58g (48.57%), Sugar: 58.63g (65.15%), Cholesterol: 98.64mg (32.88%), Sodium: 714.02mg (31.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.36g (80.71%), Selenium: 67.14µg (95.92%), Vitamin B3: 15.77mg (78.84%), Phosphorus: 512.01mg (51.2%), Vitamin B2: 0.84mg (49.41%), Vitamin B6: 0.96mg (48.2%), Vitamin B1: 0.68mg (45.24%), Folate: 131.07µg (32.77%), Calcium: 290.63mg (29.06%), Vitamin B5: 2.79mg (27.93%), Manganese: 0.52mg (26.09%), Potassium: 813.61mg (23.25%), Vitamin B12: 1.32µg (21.95%), Vitamin D: 3.19µg (21.26%), Iron: 3.6mg (20.03%), Magnesium: 68.69mg (17.17%), Zinc: 2.03mg (13.55%), Copper: 0.2mg (10.04%), Fiber: 2.31g (9.26%), Vitamin A: 425.35IU (8.51%), Vitamin K: 6.27µg (5.97%), Vitamin E: 0.66mg (4.38%), Vitamin C: 3.29mg (3.99%)