



WHATSheATE



Panko-Fried Peaches



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 4 servings canola oil for deep-frying
- ☐ 2 eggs beaten
- ☐ 4 servings flour all-purpose for dredging
- ☐ 2 cups panko bread crumbs
- ☐ 5 large peaches soft peeled halved

Equipment

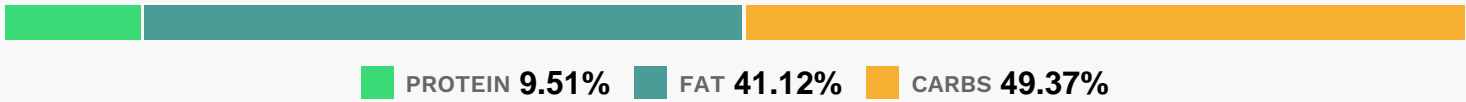
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ wire rack
- ☐ wok
- ☐ tongs
- ☐ skimmer
- ☐ chopsticks

Directions

- ☐ Pour the oil to a depth of at least 3 inches into a deep-fryer, wok, or deep, heavy saucepan and heat to 300°F.
- ☐ Meanwhile, cut the peaches into 1/2-inch-thick slices.
- ☐ Spread the flour on a plate and spread the panko on a second plate.
- ☐ When the oil is ready, using chopsticks or tongs, dredge a peach slice in the flour, shaking off the excess, and then dip in the egg, allowing the excess to drip off. Finally, dredge the slice in the panko, covering it as evenly as possible with the light flakes.
- ☐ Carefully place the peach slice in the hot oil. It should immediately begin to bubble and hiss. While the first slice is cooking, continue to dredge and dip more slices in the flour, egg, and panko and add them to the oil. Fry no more than 3 or 4 slices at a time, making sure they do not touch one another, for about 1 minute, until evenly golden. Using a wire skimmer, transfer the finished slices to a wire rack set over a shallow bowl or pan to drain briefly.
- ☐ Serve piping hot.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:11.71, Inflammation Score:-7, Nutrition Score:14.588260723197%

Flavonoids

Cyanidin: 4.2mg, Cyanidin: 4.2mg, Cyanidin: 4.2mg, Cyanidin: 4.2mg Catechin: 10.76mg, Catechin: 10.76mg, Catechin: 10.76mg, Catechin: 10.76mg Epigallocatechin: 2.28mg, Epigallocatechin: 2.28mg, Epigallocatechin: 2.28mg, Epigallocatechin: 2.28mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg

5.12mg Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 392.89kcal (19.64%), Fat: 18.35g (28.23%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 44.74g (16.27%), Sugar: 20.31g (22.57%), Cholesterol: 81.84mg (27.28%), Sodium: 279.43mg (12.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Selenium: 21.45µg (30.64%), Vitamin E: 4.31mg (28.71%), Vitamin B1: 0.41mg (27.35%), Manganese: 0.47mg (23.32%), Vitamin B3: 4.21mg (21.06%), Fiber: 4.83g (19.33%), Vitamin B2: 0.33mg (19.19%), Vitamin K: 18.61µg (17.73%), Folate: 69.29µg (17.32%), Vitamin A: 831.92IU (16.64%), Iron: 2.93mg (16.25%), Phosphorus: 149.29mg (14.93%), Copper: 0.27mg (13.69%), Vitamin C: 8.97mg (10.87%), Potassium: 364.06mg (10.4%), Vitamin B5: 0.87mg (8.7%), Magnesium: 34.69mg (8.67%), Zinc: 1.27mg (8.5%), Calcium: 77.1mg (7.71%), Vitamin B6: 0.13mg (6.58%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.44µg (2.93%)