



## Quick Pan-Fried Chicken Breasts

 Dairy Free

READY IN



43 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon chili paste depending on your taste pref (such as sambal oelek)
- 2 tablespoons juice of lemon fresh
- 2 tablespoons soy sauce
- 3 tablespoons mayonnaise
- 2 tablespoons olive oil divided
- 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- 24 ounce chicken breast halves boneless skinless

### Equipment

- frying pan
- paper towels
- plastic wrap
- ziploc bags
- meat tenderizer

## Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to an even thickness (about 1/2-inch), using a meat mallet or small heavy skillet.
- Combine mayonnaise, soy sauce, juice, and chile paste in a large zip-top plastic bag.
- Add chicken to bag; seal and marinate in refrigerator 15 minutes.
- Remove chicken from bag; discard the marinade.
- Heat a large nonstick skillet over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Place panko in a shallow dish. Dredge chicken evenly in panko.
- Add half of chicken to pan; saute 4 minutes on each side or until chicken is done. Wipe pan clean with paper towels. Repeat procedure with remaining oil and chicken.

## Nutrition Facts

**PROTEIN 38.31%** **FAT 44.12%** **CARBS 17.57%**

## Properties

Glycemic Index:12.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:21.760869715525%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 426.44kcal (21.32%), Fat: 20.51g (31.55%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 17.26g (6.28%), Sugar: 2.04g (2.27%), Cholesterol: 113.27mg (37.76%), Sodium: 717.7mg (31.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.07g (80.13%), Vitamin B3: 19.4mg (96.98%), Selenium: 60.43µg (86.33%), Vitamin B6: 1.32mg (66.24%), Phosphorus: 412.49mg (41.25%), Vitamin B5: 2.6mg (26.02%), Vitamin B1: 0.34mg (22.41%), Vitamin K: 23.2µg (22.1%), Potassium: 726.31mg (20.75%), Vitamin B2: 0.29mg (16.82%), Magnesium: 60.46mg (15.11%), Manganese: 0.27mg (13.39%), Vitamin E: 1.75mg (11.65%), Iron: 1.92mg (10.69%), Zinc: 1.4mg (9.35%), Folate: 36.82µg (9.21%), Vitamin B12: 0.43µg (7.19%), Vitamin C: 5.58mg (6.77%), Copper: 0.12mg (5.78%), Calcium: 54.24mg (5.42%), Fiber: 1.11g (4.44%), Vitamin A: 66.26IU (1.33%), Vitamin D: 0.19µg (1.27%)