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## Popcorn Chicken ♦

Popcorn chicken is a popular snack made from bite-sized pieces of chicken that are coated in a crispy batter and deep-fried until golden brown. It is often served with dipping sauces and is a favorite at parties, picnics, and game nights.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	chicken breast
<b>100 g</b>	all-purpose flour
<b>50 g</b>	cornstarch
<b>1 tsp</b>	Paprika
<b>1 tsp</b>	Garlic powder

<b>1 tsp</b>	Onion powder
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper
<b>2 pieces</b>	Egg
<b>60 ml</b>	milk
<b>500 ml</b>	vegetable oil

## Directions

### Step 1

#### Cutting

Cut the chicken breast into bite-sized pieces.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a bowl, mix together the flour, cornstarch, paprika, garlic powder, onion powder, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Mixing

In a separate bowl, beat the eggs and milk together.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Coating

Dip each piece of chicken into the egg mixture, then coat it in the flour mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

#### Frying

Heat the vegetable oil in a deep fryer or large pot to 180°C (350°F).

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 6

#### Frying

Fry the coated chicken pieces in batches until they are golden brown and crispy, about 4-5 minutes per batch.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 7

Draining

Remove the chicken from the oil and drain on a paper towel-lined plate.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Serving

Serve the popcorn chicken hot with your favorite dipping sauces.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 210 kcal

**Fat:** 10 g

**Protein: 18 g**

**Carbohydrates: 12 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Snack

Supper

Lunch

Dinner

### Events

Picnic

Barbecue

### Course

Desserts

Snacks

### Cultural

Chinese New Year

Hanukkah

Oktoberfest

### Preparation Time

More than 1 Hour

### Difficulty Level

Easy

Medium

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