

Air Fryer Chicken Schnitzel or Cutlets with Keto Option

Yield: 4 min
Total Time: 24 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-chicken-schnitzel-recipe>

Ingredients:

- 1 pound chicken breast
- chicken schnitzel
- cooking spray some, substitutable with regular extra virgin olive oil.
- 2 eggs large
- 2 tablespoons Dijon mustard
- 1 teaspoon garlic powder
- 1 cup gluten free or pork rinds panko for keto, you can also use regular panko.
- 1/2 cup grated Parmesan cheese
- 6 sprigs thyme leaves without the stems., alternatively, use a tablespoon of dried thyme.
- 1 teaspoon ground paprika
- 1 teaspoon marjoram
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 lemon optional - to serve.
- 1 pound button mushrooms approx. 450g - cleaned and finely sliced.
- 1 tablespoon olive oil
- 2 tablespoons butter
- 4 cloves garlic
- 2 shallots finely diced, alternatively, use half an onion.
- 1 cup sour cream or crème fraîche.
- 1/4 cup white wine
- 1/2 cup broth chicken or vegetable
- 1/2 cup grated Parmesan cheese
- 1 pinch salt and black pepper to taste
- 1 tablespoon thyme leaves

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 245 milligrams
4. Fat: 36 grams
5. Fiber: 4 grams
6. Protein: 77 grams
7. SaturatedFat: 17 grams
8. Sodium: 1280 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Air Fryer Chicken Schnitzel or Cutlets with Keto Option above. You can see more 19 japanese chicken schnitzel recipe Try these culinary delights! to get more great cooking ideas.