

Chicken Karaage | Japanese Fried Chicken

Yield: 7 min
Total Time: 100 min

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

Ingredients:

- 3 tablespoons garlic cloves grated, from about 8 cloves
- 4 teaspoons ginger grated
- 1/2 cup soy sauce or tamari, preferably low-sodium
- 1/4 cup sake
- 2 tablespoons granulated sugar
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 3 pounds boneless skinless chicken preferably dark meat, cut into 1 1/2-inch pieces
- 3 large egg whites lightly beaten
- 3/4 cup potato starch
- vegetable oil for deep-frying

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 125 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 45 grams
7. SaturatedFat: 2 grams
8. Sodium: 1960 milligrams
9. Sugar: 5 grams

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