



## Barbecue-Battered Chicken Fingers

READY IN



45 min.

SERVINGS



8

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 cup honey smoke barbecue sauce
- ☐ 8 servings honey smoke barbecue sauce
- ☐ 2 cups buttermilk
- ☐ 3 pounds skinned and boned chicken breasts
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.8 teaspoon garlic powder
- ☐ 1.5 teaspoons pepper
- ☐ 1.5 teaspoons lawry's seasoned salt

☐ 8 servings vegetable oil

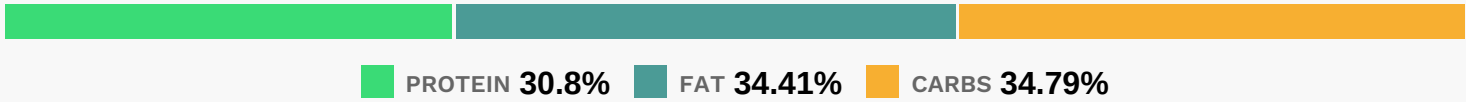
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ Cut each chicken breast into 3- x 1-inch strips, and set aside.
- ☐ Combine flour and next 3 ingredients in a large shallow dish.
- ☐ Whisk together buttermilk, 3/4 cup barbecue sauce, and eggs in a bowl. Dredge chicken pieces in flour mixture; dip in buttermilk mixture, and dredge again in flour mixture. (If flour gets gummy, just press into chicken pieces.)
- ☐ Pour oil to a depth of 1 1/2 inches in a deep skillet or Dutch oven; heat to 36
- ☐ Fry chicken, in batches, 5 to 7 minutes or until golden.
- ☐ Drain on wire racks over paper towels.
- ☐ Serve with extra barbecue sauce.
- ☐ Barbecue-Battered Pork Chops: Substitute 3 pounds boneless breakfast pork chops for chicken, and proceed as directed. For a delicious serving idea, serve cooked chops in biscuits.

## Nutrition Facts



## Properties

Glycemic Index:17.88, Glycemic Load:26.84, Inflammation Score:-6, Nutrition Score:27.288695553075%

## Nutrients (% of daily need)

Calories: 593.08kcal (29.65%), Fat: 22.23g (34.2%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 50.58g (16.86%), Net Carbohydrates: 48.94g (17.8%), Sugar: 12.34g (13.72%), Cholesterol: 161.96mg (53.99%), Sodium:

1001.74mg (43.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.77g (89.54%), Selenium: 76.83µg (109.75%), Vitamin B3: 20.74mg (103.72%), Vitamin B6: 1.36mg (68.21%), Phosphorus: 490.9mg (49.09%), Vitamin B1: 0.52mg (34.54%), Vitamin B2: 0.58mg (34.04%), Vitamin B5: 3.1mg (31.02%), Vitamin K: 27.56µg (26.25%), Folate: 102.21µg (25.55%), Potassium: 850.72mg (24.31%), Manganese: 0.44mg (21.89%), Iron: 3.28mg (18.21%), Magnesium: 66.52mg (16.63%), Vitamin E: 1.9mg (12.65%), Vitamin B12: 0.73µg (12.12%), Zinc: 1.77mg (11.77%), Calcium: 102.87mg (10.29%), Copper: 0.16mg (8.21%), Vitamin D: 1.2µg (8%), Fiber: 1.64g (6.54%), Vitamin A: 281.88IU (5.64%), Vitamin C: 2.21mg (2.68%)