



## BBQ Fried Chicken

READY IN



80 min.

SERVINGS



12

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 cup honey barbecue sauce
- ☐ 2 cups buttermilk
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons garlic pepper seasoning
- ☐ 3 pounds chicken breast halves boneless skinless cut into 1 inch strips

### Equipment

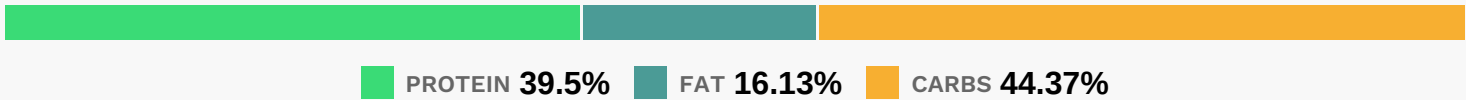
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees F). Spray a baking sheet with nonstick cooking spray.
- ☐ In a shallow dish, stir together the flour and garlic pepper. In a separate bowl, whisk together the buttermilk, barbeque sauce, and eggs. Coat chicken with the flour mixture, then dip into the buttermilk mixture. Dip into the flour mixture again.
- ☐ Place chicken strips on the prepared baking sheet.
- ☐ Bake for 30 minutes in the preheated oven, or until golden brown on one side. Turn over, and continue to cook until golden on the other side, 20 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:17.9, Inflammation Score:-4, Nutrition Score:17.545652472455%

## Nutrients (% of daily need)

Calories: 309.89kcal (15.49%), Fat: 5.39g (8.29%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 32.27g (11.73%), Sugar: 8g (8.89%), Cholesterol: 104.25mg (34.75%), Sodium: 368.76mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.69g (59.38%), Selenium: 50.86µg (72.66%), Vitamin B3: 13.82mg (69.12%), Vitamin B6: 0.9mg (45.22%), Phosphorus: 324.51mg (32.45%), Vitamin B1: 0.34mg (22.94%), Vitamin B2: 0.38mg (22.39%), Vitamin B5: 2.05mg (20.51%), Folate: 67.58µg (16.9%), Potassium: 563.03mg (16.09%), Manganese: 0.3mg (14.94%), Iron: 2.16mg (11.98%), Magnesium: 44.13mg (11.03%), Vitamin B12: 0.48µg (7.93%), Zinc: 1.16mg (7.72%), Calcium: 67.84mg (6.78%), Copper: 0.11mg (5.41%), Vitamin D: 0.78µg (5.2%), Fiber: 1.09g (4.36%), Vitamin A: 181.48IU (3.63%), Vitamin E: 0.49mg (3.24%), Vitamin C: 1.47mg (1.78%), Vitamin K: 1.33µg (1.27%)