



Breaded Chicken Fingers

 Popular

READY IN



150 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup buttermilk
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 quart oil for frying
- ☐ 1 teaspoon salt
- ☐ 1 cup seasoned bread crumbs

☐ 6 chicken breast halves boneless skinless cut into 1/2 inch strips

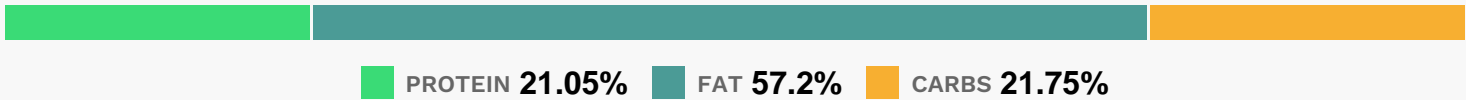
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ Place chicken strips into a large, resealable plastic bag. In a small bowl, mix the egg, buttermilk and garlic powder.
- ☐ Pour mixture into bag with chicken. Seal, and refrigerate 2 to 4 hours.
- ☐ In another large, resealable plastic bag, mix together the flour, bread crumbs, salt and baking powder.
- ☐ Remove chicken from refrigerator, and drain, discarding buttermilk mixture.
- ☐ Place chicken in flour mixture bag. Seal, and shake to coat.
- ☐ Heat oil in a large, heavy skillet to 375 degrees F (190 degrees C).
- ☐ Carefully place coated chicken in hot oil. Fry until golden brown and juices run clear.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:9.22, Inflammation Score:-5, Nutrition Score:16.572173927141%

Nutrients (% of daily need)

Calories: 448.68kcal (22.43%), Fat: 28.35g (43.61%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 23.04g (8.38%), Sugar: 2.4g (2.67%), Cholesterol: 78.15mg (26.05%), Sodium: 682.35mg (29.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.95%), Selenium: 39.06µg (55.8%), Vitamin B3: 10.72mg (53.61%), Vitamin B6: 0.7mg (34.84%), Vitamin E: 4.43mg (29.55%), Phosphorus: 271.07mg (27.11%), Vitamin K: 24.09µg (22.95%), Vitamin B1: 0.34mg (22.65%), Vitamin B2: 0.3mg (17.75%), Vitamin B5: 1.57mg

(15.72%), Manganese: 0.28mg (13.8%), Folate: 54.18µg (13.55%), Potassium: 419.9mg (12%), Iron: 1.97mg (10.95%), Calcium: 101.47mg (10.15%), Magnesium: 36.61mg (9.15%), Vitamin B12: 0.41µg (6.82%), Zinc: 1.02mg (6.79%), Copper: 0.1mg (4.84%), Fiber: 1.21g (4.83%), Vitamin D: 0.58µg (3.9%), Vitamin A: 133.57IU (2.67%), Vitamin C: 1.43mg (1.73%)