



Flavorful Southern Fried Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups breadcrumbs
- 12 ounces chicken tenderloins
- 0.7 cup flour all-purpose
- 0.5 teaspoon garlic powder
- 1.5 cups milk
- 0.5 teaspoon onion powder
- 0.7 cup parmesan cheese grated
- 0.5 teaspoon pepper
- 1 teaspoon poultry seasoning

- 0.5 teaspoon salt
- 1.5 cups vegetable oil for frying

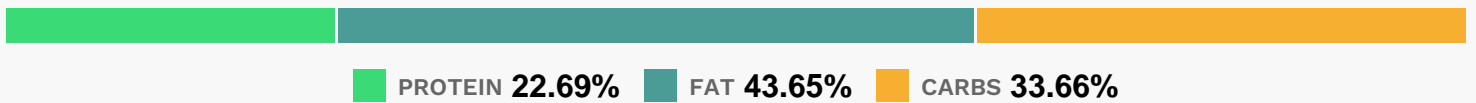
Equipment

- frying pan
- paper towels
- oven
- ziploc bags

Directions

- In a large plastic bag, combine the flour, Parmesan cheese, bread crumbs, poultry seasoning, onion powder, garlic powder, salt and pepper. Shake to mix.
- Heat the oil in a large skillet over medium heat until a drop of water evaporates immediately. Dip one piece of chicken at a time into the milk, and then place in the bag with the coating. Shake until fully coated.
- Place in the frying pan, and continue with remaining chicken.
- Cook until the edges are browned, then flip and cook until browned on the other side. If some chicken is done sooner, keep on a paper towel lined plate in a warm oven, so that the chicken is all still warm at serving time.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:13.17, Inflammation Score:-6, Nutrition Score:24.319565197696%

Nutrients (% of daily need)

Calories: 588.85kcal (29.44%), Fat: 28.31g (43.55%), Saturated Fat: 7.75g (48.42%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 46.73g (16.99%), Sugar: 6.74g (7.49%), Cholesterol: 79.91mg (26.64%), Sodium: 980.31mg (42.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.11g (66.22%), Selenium: 51.1µg (72.99%), Vitamin B3: 12.62mg (63.1%), Phosphorus: 462.19mg (46.22%), Vitamin B1: 0.63mg (41.75%), Vitamin B6: 0.77mg (38.72%), Vitamin K: 37.68µg (35.89%), Calcium: 340.66mg (34.07%), Vitamin B2: 0.52mg (30.53%), Manganese: 0.58mg (28.87%), Folate: 82.12µg (20.53%), Vitamin B5: 1.91mg (19.05%), Iron: 3.33mg (18.51%), Vitamin B12: 1.02µg (16.92%),

Potassium: 589.19mg (16.83%), Zinc: 2.3mg (15.32%), Magnesium: 61.12mg (15.28%), Vitamin E: 1.68mg (11.22%),
Fiber: 2.37g (9.5%), Copper: 0.16mg (8.18%), Vitamin D: 1.17µg (7.83%), Vitamin A: 332.44IU (6.65%), Vitamin C:
1.14mg (1.39%)