



Miss Mary's Chicken Strips with "Come Back" Dipping Sauce

READY IN



45 min.

SERVINGS



16

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 servings come back" dipping sauce
- 8 skinned and boned chicken breast halves
- 2 cups flour all-purpose
- 0.5 teaspoon lemon pepper
- 2 cups milk
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 16 servings vegetable oil

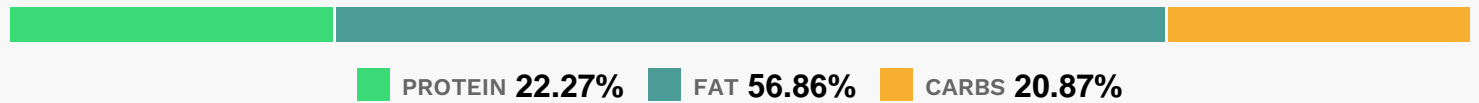
Equipment

- paper towels
- dutch oven

Directions

- Cut chicken into strips.
- Combine chicken and next 4 ingredients; chill 4 hours.
- Drain chicken; coat with flour.
- Pour oil or melt shortening to depth of 3 inches in a large Dutch oven; heat to 35
- Cook chicken, a few pieces at a time, until golden.
- Drain on paper towels, and keep warm or chill for later.
- Serve with "Come Back" Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:9.44, Inflammation Score:-3, Nutrition Score:10.262174173542%

Nutrients (% of daily need)

Calories: 264.19kcal (13.21%), Fat: 16.6g (25.53%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 13.25g (4.82%), Sugar: 1.51g (1.68%), Cholesterol: 39.82mg (13.27%), Sodium: 328.81mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.24%), Selenium: 23.96µg (34.24%), Vitamin B3: 6.85mg (34.24%), Vitamin K: 26.2µg (24.95%), Vitamin B6: 0.45mg (22.45%), Phosphorus: 188.44mg (18.84%), Vitamin B1: 0.18mg (11.74%), Vitamin B2: 0.18mg (10.35%), Calcium: 102.09mg (10.21%), Vitamin B5: 0.99mg (9.89%), Vitamin E: 1.28mg (8.52%), Potassium: 273.41mg (7.81%), Folate: 30.88µg (7.72%), Manganese: 0.13mg (6.63%), Iron: 1.06mg (5.89%), Magnesium: 22.27mg (5.57%), Vitamin B12: 0.28µg (4.63%), Zinc: 0.56mg (3.76%), Vitamin D: 0.39µg (2.61%), Copper: 0.04mg (2%), Fiber: 0.46g (1.82%), Vitamin A: 67.04IU (1.34%)