



Southern Fried Chicken Strips

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons potato flakes dry
- ☐ 30 saltines
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 3 chicken breast halves boneless skinless cut into 1-inch strips

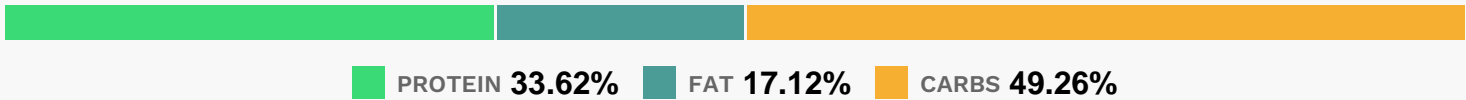
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place crackers in a resealable bag; crush into coarse crumbs.
- ☐ Mix cracker crumbs, potato flakes, seasoned salt, and black pepper together in a shallow bowl. Beat egg in a separate small bowl.
- ☐ Place flour in a third shallow bowl.
- ☐ Coat chicken pieces in flour, beaten egg, and cracker mixture, respectively.
- ☐ Heat vegetable oil in a large skillet over medium heat. Pan-fry chicken strips until no longer pink in the center and coating is golden brown, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.66, Inflammation Score:-4, Nutrition Score:15.65391314548%

Nutrients (% of daily need)

Calories: 290.07kcal (14.5%), Fat: 5.38g (8.27%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 33.21g (12.08%), Sugar: 0.62g (0.69%), Cholesterol: 95.16mg (31.72%), Sodium: 915.08mg (39.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.53%), Vitamin B3: 11.69mg (58.43%), Selenium: 39.12µg (55.88%), Vitamin B6: 0.74mg (36.79%), Vitamin B1: 0.41mg (27.5%), Phosphorus: 251.51mg (25.15%), Vitamin B2: 0.33mg (19.43%), Manganese: 0.36mg (17.81%), Folate: 70.75µg (17.69%), Vitamin B5: 1.71mg (17.09%), Iron: 2.6mg (14.46%), Potassium: 464.3mg (13.27%), Magnesium: 37.29mg (9.32%), Vitamin C: 7.01mg (8.49%), Vitamin K: 7.02µg (6.68%), Fiber: 1.6g (6.41%), Zinc: 0.95mg (6.36%), Copper: 0.1mg (5.01%), Vitamin B12: 0.29µg (4.79%), Vitamin E: 0.55mg (3.66%), Calcium: 20.48mg (2.05%), Vitamin D: 0.3µg (2.03%), Vitamin A: 87.23IU (1.74%)