

# Southern Fried Chicken Tacos

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/boneless-chicken-recipe-southern>

## Ingredients:

- 2 pounds boneless chicken diced
- 1/2 cup all purpose flour
- 1/2 cup masa harina
- 3 teaspoons salt
- 2 teaspoons black pepper
- 1 teaspoon ancho chile powder
- 1 teaspoon chipotle pepper powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- cooking oil
- 6 taco shells or tortillas
- tomato optional
- cheese optional

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 155 milligrams
4. Fat: 36 grams
5. Fiber: 4 grams
6. Protein: 55 grams
7. SaturatedFat: 11 grams
8. Sodium: 2090 milligrams
9. Sugar: 1 grams

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