

Country Buttermilk Chicken Tenders

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/buttermilk-chicken-indian-recipe>

Ingredients:

- chicken
- marinade
- 2 pounds chicken breast tenderloins
- 1 cup buttermilk
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- breading INGREDIENTS
- 1 1/2 cups all purpose flour
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 3/4 teaspoon garlic powder
- 1 1/2 teaspoons baking powder
- 3 tablespoons buttermilk

Nutrition:

1. Calories: 1060 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 395 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 132 grams
7. SaturatedFat: 11 grams
8. Sodium: 1950 milligrams
9. Sugar: 4 grams

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