

Family Friendly Chicken Strips

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 pound chicken fillets
- 1/2 cup buttermilk
- pepper
- salt
- 1/2 teaspoon paprika
- 1 cup corn flakes crushed into fine crumbs
- 1 cup panko bread crumbs
- pepper
- salt
- 1/3 cup mayo low fat Hellman's
- 2 tablespoons liquid honey depending on taste
- 2 tablespoons Dijon mustard

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 80 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 700 milligrams
9. Sugar: 13 grams

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