

Baked Buttermilk Chicken Strips

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 15 chicken strips
- 1 tablespoon Dijon mustard
- 1 tablespoon mayonnaise
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons flour
- 1/2 cup buttermilk
- 1 cup panko breadcrumbs
- 1/2 cup Parmesan cheese
- 1 tablespoon butter

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 20 milligrams
4. Fat: 9 grams
5. Protein: 7 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 870 milligrams
8. Sugar: 2 grams

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