

Herb Seasoned Fried Chicken Breast

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/yard-house-southern-fried-chicken-breast-recipe>

Ingredients:

- 6 boneless skinless chicken breasts
- 1 1/2 cups all purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried thyme
- 1/8 teaspoon poultry seasoning
- 4 dashes hot sauce like Texas Pete
- 1 cup buttermilk
- cooking oil enough for frying, about 1/2 " in a large skillet

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 120 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 860 milligrams
9. Sugar: 3 grams

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