

Homemade Fried Chicken Tenders

Yield: 24 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/ruby-tuesday-southern-fried-chicken-tenders-recipe>

Ingredients:

- 24 chicken tenders Chicken Tenderloins
- 2 cups buttermilk
- 2 cups all purpose flour
- salt
- pepper
- 1 teaspoon cayenne pepper or paprika seasoning, optional
- 2 eggs
- 1/4 cup milk

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 95 milligrams
4. Fat: 4.5 grams
5. Protein: 27 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 200 milligrams
8. Sugar: 1 grams

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