

# Allergy Friendly Fried Chicken Zinger Burger

Yield: 8 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-chicken-fillet-burger-recipe>

## Ingredients:

- 4 chicken fillet boneless
- 1 teaspoon mustard paste
- 2 tablespoons lemon juice
- 1 teaspoon garlic paste
- 1/2 teaspoon black pepper powder
- 1 teaspoon soy sauce optional
- 1 tablespoon chili paste red
- 1 tablespoon olive oil
- salt to taste
- 2 cups gluten free flour
- 2 tablespoons corn flour
- 1/4 teaspoon baking powder
- 1 teaspoon oregano
- 1/4 teaspoon paprika
- 1/2 teaspoon black pepper powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon red chili powder
- 1/4 teaspoon salt
- water as required
- oil for frying
- gluten free buns as required
- cheese slices dairy free, as required
- lettuce as required
- tomatoes sliced, as required
- condiments choice

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 75 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 3 grams
8. Sodium: 400 milligrams
9. Sugar: 1 grams

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