

Gluten-Free Fried Chicken Strips

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-chicken-strips-recipe-taste-of-home>

Ingredients:

- 2 1/4 cups buttermilk
- 2 tablespoons kosher salt
- 1 pound boneless, skinless chicken breasts cut into 2-inch strips
- 1 teaspoon Tabasco optional
- 1 cup brown rice flour
- 1/2 cup sweet rice flour
- 1/2 cup cornstarch
- 1 teaspoon seasoning salt I used Penzey's 4/S; original recipe called for Lawry's
- 1 teaspoon baking powder
- 1/2 teaspoon freshly ground black pepper
- vegetable oil

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 85 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 33 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 3980 milligrams
9. Sugar: 7 grams

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