

# Southern Fried Chicken Strips

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 1 egg
- 1/2 cup buttermilk
- 1 cup all purpose flour
- 1 1/2 teaspoons garlic powder Used Penzey's Roasted Garlic
- 1 1/2 teaspoons pepper
- 1/2 teaspoon salt held til end after frying
- 1/2 teaspoon paprika
- 2 pounds chicken tenderloins
- oil for deep-fat frying
- 2 tablespoons grated Parmesan cheese omitted

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 135 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 37 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 430 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Southern Fried Chicken Strips above. You can see more 16 southern fried chicken strips recipe uk They're simply irresistible! to get more great cooking ideas.