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ChickFilA Copy Cat

Yield: 4 min Total Time: 75 min

Recipe from: <u>https://www.recipeschoose.com/recipes/southern-living-chick-fil-a-recipe</u>

Ingredients:

- 6 boneless chicken breasts
- sea salt
- ground pepper
- oil for frying, ChickFilA uses Peanut Oil
- 3/4 cup milk
- 1 cup flour
- 1 cup unseasoned bread crumbs
- 1 1/2 tablespoons powdered sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon dry mustard
- 1/2 teaspoon paprika or Season all
- dill pickles
- hamburger buns I used wheat
- butter for the hamburger buns

Nutrition:

- 1. Calories: 730 calories
- 2. Carbohydrate: 46 grams
- 3. Cholesterol: 240 milligrams
- 4. Fat: 24 grams
- 5. Fiber: 2 grams
- 6. Protein: 80 grams
- 7. SaturatedFat: 8 grams
- 8. Sodium: 1180 milligrams
- 9. Sugar: 7 grams

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