

# Chicken Fried Sweetbread Nuggets

Yield: 5 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/sweetbread-southern-recipe>

## Ingredients:

- 1 pound sweetbreads lightly rinsed and cut into 1-inch chunks OR 1 lb chicken tenders cut into 1-inch chunks
- 2 cups milk
- 1/2 teaspoon salt
- 1 1/2 cups all purpose flour
- 1 tablespoon smoked paprika
- 2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 2 eggs lightly beaten
- salt
- pepper
- ketchup
- grilled banana
- dipping sauce honey-mustard
- 1/3 cup mayonnaise
- 1/4 cup honey
- 3 tablespoons whole grain mustard
- 1/8 teaspoon cayenne pepper
- salt
- pepper
- vegetable oil for frying

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 100 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams

6. Protein: 13 grams
7. SaturatedFat: 3 grams
8. Sodium: 900 milligrams
9. Sugar: 22 grams

---

Thank you for visiting our website. Hope you enjoy Chicken Fried Sweetbread Nuggets above. You can see more 16 sweetbread southern recipe You won't believe the taste! to get more great cooking ideas.