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Whatachick'n Strips 3 piece Meal

A delicious meal featuring Whatachick'n Strips, perfect for any time of the day. These crispy strips are made from plant-based ingredients and are sure to satisfy your cravings.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 300 grams

Number of Servings: 3

Serving Size: 100 g

Ingredients

300 g	whatachick'n strips
1 tsp	Salt
1 tsp	Pepper
1 tsp	Paprika
1 tsp	Garlic powder
1 tsp	Onion powder

1 c	Flour
1 c	Vegetable Oil

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix together salt, pepper, paprika, garlic powder, and onion powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Coating

Coat the Whatachick'n Strips with the flour mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat vegetable oil in a frying pan over medium heat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Frying

Fry the coated Whatachick'n Strips until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Draining

Remove from the pan and let them drain on a paper towel.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Meal Type

Breakfast Lunch Snack Dinner

Course

Sauces & Dressings Appetizers Main Dishes Side Dishes Salads Snacks

Cultural

Chinese New Year Oktoberfest Passover Thanksgiving Christmas

Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Difficulty Level

Medium

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