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## Joey Chicken Fingers <sup>♦♦</sup>

Joey Chicken Fingers are a crispy and delicious chicken dish that is perfect for any occasion. They are made with tender chicken strips coated in a flavorful breading and fried until golden brown. These chicken fingers are a crowd-pleaser and can be served as an appetizer or a main course. They are best enjoyed with your favorite dipping sauce.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	chicken breast
100 g	all-purpose flour
2 pieces	Egg
200 g	breadcrumbs

1 tsp	Salt
1 tsp	Pepper
1 tsp	Paprika
500 ml	vegetable oil

## Directions

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### Step 1

#### Cutting

Cut the chicken breast into strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a bowl, mix the flour, salt, pepper, and paprika.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In another bowl, beat the eggs.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Coating

Dip each chicken strip into the flour mixture, then into the beaten eggs, and finally into the breadcrumbs.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Frying

Heat vegetable oil in a frying pan over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Frying

Fry the coated chicken strips until golden brown and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 7

Draining

Remove the chicken fingers from the pan and drain on paper towels.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	20 g	117.65%	117.65%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
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	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

### Events

Game Day

### Nutritional Content

Low Calorie

### Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

### Diet

Mediterranean Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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