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Joey Chicken Fingers *

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

Step 1

Cutting

Cut the chicken breast into strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In another bowl, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

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

Step 5



Heat vegetable oil in a frying pan over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6



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 fro	m the pan and drain o	n 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)

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

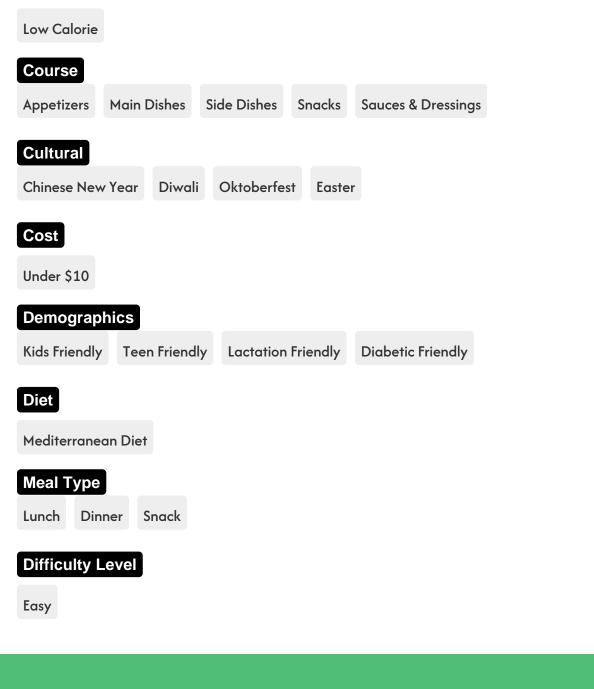
Seasonality

Spring Summer Fall

Events

Game Day

Nutritional Content



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