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## Chicken Fries <sup>••</sup>

Chicken fries are a delicious and crispy snack made from chicken. They are typically consumed as a finger food and can be enjoyed on their own or with dipping sauces.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	chicken breast
100 g	breadcrumbs
50 g	flour
2 pieces	Egg
1 teaspoon	salt

1  
teaspoon pepper

500 ml vegetable oil

## Directions

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### Step 1

Cutting

Cut the chicken breast into long, thin strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a separate 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 beaten eggs, then coat with the breadcrumb mixture.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 5

Frying

Heat vegetable oil in a pan over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Frying

Fry the coated chicken strips in the hot oil until golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 7

Draining

Remove the chicken fries from the pan and drain on a paper towel to remove excess oil.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
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	4 mg	0.12%	0.15%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Events

Picnic

### Course

Snacks

Side Dishes

Appetizers

Main Dishes

Desserts

Drinks

Salads

### Kitchen Tools

Grill

Blender

### Cuisines

Middle Eastern

Italian

French

Mediterranean

American

### Nutritional Content

High Protein

Low Fat

Low Carb

Low Sodium

### Meal Type

Snack

Supper

**Difficulty Level**

Easy

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