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Cheetos Chicken Fries ♦

Cheetos Chicken Fries are a delicious and crispy snack made with chicken and coated in crushed Cheetos. They are a perfect combination of savory and cheesy flavors, making them a favorite among both kids and adults. These chicken fries are a great option for a quick and easy appetizer or a fun party snack. They can be enjoyed on their own or served with your favorite dipping sauce.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	chicken breast
200 g	cheetos
2 pieces	Eggs
100 g	flour

1 tsp	Salt
1 tsp	Pepper
500 ml	vegetable oil

Directions

Step 1

Oven

Preheat the oven to 200°C (400°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grinding

Crush the Cheetos into fine crumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, beat the eggs and season with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Coating

Dip each chicken strip into the flour, then into the beaten eggs, and finally coat with the crushed Cheetos crumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Frying

Heat vegetable oil in a frying pan over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Frying

Fry the coated chicken strips until golden brown and crispy, about 3-4 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Oven

Transfer the fried chicken fries to a baking sheet and bake in the preheated oven for an additional 5 minutes to ensure they are fully cooked.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Serving

Serve hot with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
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	4 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
Cholesterol	120 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	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Course

Snacks

Salads

Kitchen Tools

Slow Cooker

Cultural

Chinese New Year

Diwali

Passover

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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