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## Chicken Fingerias Only

A delicious recipe for chicken fingerias. This recipe has a long history and is a popular dish for lunch or dinner. The chicken fingers are crispy on the outside and tender on the inside.

**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	flour
2 pieces	Eggs
200 g	breadcrumbs
1 tsp	salt

1 tsp pepper

500 ml vegetable oil

## Directions

### Step 1

#### Cutting

Cut the chicken breast into strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

#### Seasoning

Season the chicken strips with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Coating

Dip the chicken strips in flour, then in beaten eggs, and finally in breadcrumbs.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Frying

Heat vegetable oil in a frying pan over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Frying

Fry the chicken strips until golden brown and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 10 g

**Protein:** 30 g

**Carbohydrates:** 30 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	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%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
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	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Appetizers

Main Dishes

Snacks

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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