



RECIPES > MEAT AND POULTRY > CHICKEN > FRIED CHICKEN RECIPES

Garlic Chicken Fried Chicken

This actually uses my breading for Chicken Fried Steak---my husband suggested we try it with chicken breasts, and it was delicious!

Submitted by **TANAQUIL** |

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Servings: 4

Yield: 4 servings

Ingredients

- 2 teaspoons garlic powder, or to taste
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 teaspoon paprika
- ½ cup seasoned bread crumbs
- 1 cup all-purpose flour
- ½ cup milk
- 1 egg
- 4 skinless, boneless chicken breast halves - pounded thin
- 1 cup oil for frying, or as needed

Directions

Step 1

In a shallow dish, mix together the garlic powder, pepper, salt, paprika, bread crumbs and flour. In a separate dish, whisk together the milk and egg.

Step 2

Heat the oil in an electric skillet set to 350 degrees F (175 degrees C). Dip the chicken into the egg and milk, then dredge in the dry ingredients until evenly coated.

Step 3

Fry chicken in the hot oil for about 5 minutes per side, or until the chicken is cooked through and juices run clear. Remove from the oil with a slotted spatula, and serve.

Editor's Note

We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature, ingredient density, and the specific type of oil used.

Nutrition Facts

Per serving: 391 calories; total fat 11g; saturated fat 3g; cholesterol 116mg; sodium 935mg; total carbohydrate 37g; dietary fiber 2g; total sugars 3g; protein 33g; vitamin c 1mg; calcium 91mg; iron 4mg; potassium 368mg