

Cornflake Chicken Strips

Crispy, crunchy, and flavorful chicken strips coated with cornflakes.

Recipe by Rosario Hidalgo | Created on **Mar 13, 2022**

Ingredients

- 1 tablespoon garlic powder
- 1 tablespoon cayenne pepper
- 1 ½ pounds chicken tenders
- salt and ground black pepper to taste
- 1 cup all-purpose flour, or as needed
- 1 cup egg substitute (such as Egg Beaters®)
- 3 cups crushed cornflakes
- 2 cups vegetable oil for frying

Directions

- Combine garlic powder and cayenne in a small bowl. Sprinkle on both sides of the chicken tenders. Season with salt and pepper.
- Dredge chicken in flour, then in egg substitute, allowing excess to drip off.
- Press strips into cornflakes on both sides.
- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C). Preheat the oven to 325 degrees F (165 degrees C).
- Brown chicken strips in the hot oil on both sides, working in batches if needed, 3 to 5 minutes. Place browned strips on a cookie sheet with a grate.
- Bake chicken in the preheated oven until no longer pink in the centers and juices run clear, 5 to 10 minutes, depending on their size.

Nutrition Facts

Serving: **6 servings** | Calories: **360.8 kcal** | Carbohydrates: **30.7 g** | Protein: **32.8 g** | Saturated fat: **2 g** | Cholesterol: **69.2 mg** | Sodium: **245.6 mg** | Fiber: **1.3 g** | Sugar: **2.6 g**

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