

Jeanne Cullen’s Tips for Diabetes-Friendly Fast Food

Baked ‘Fried’ Chicken

Have a hankerin’ for fried chicken? Try baked ‘fried’ chicken at about one half to one third of the calories.

Preheat oven to about 400°, then combine whole grain bread crumbs with a little paprika, Italian seasonings, garlic powder, parmesan cheese, and a pinch of salt.

Dip the skinless chicken breast in low fat buttermilk and then evenly coat with the bread crumb mixture.

Place on a lightly greased baking pan and lightly coat each piece with olive oil spray. Bake for about 30 – 40 minutes.



Fast food fried chicken (KFC® Breast)	Banquet® crispy chicken breast pieces	Baked ‘fried’ chicken breast (5 oz.)**
Calories: 400 Fat: 24 grams Carbohydrate: 16 grams Sodium: 1,116 mg	Calories: 380 Fat: 25 grams Carbohydrate: 13 grams Sodium: 1,040 mg	Calories: 244 Fat: 8½ grams Carbohydrate: 13 grams Sodium: 402 mg

**Food composition will vary depending on ingredients and recipe used.