



Fried Cheese Sticks

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Fried cheese sticks are a delicious appetizer, offered at many restaurants. We'll show you how to make cheese sticks with string cheese, so you can enjoy them at home.

Course	Appetizer
Cuisine	American
Keyword	Fried Cheese Sticks

Prep Time	15 minutes
Cook Time	5 minutes
Total Time	20 minutes

Servings	12 cheese sticks
Calories	197 kcal
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Ingredients

- 16 oz String Cheese I used mozzarella and cheddar
- 2 cups Panko bread crumbs plain or regular Italian bread crumbs
- 1 teaspoon Italian Herbs seasoning
- 1 teaspoon smoked paprika or regular
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 large egg
- 1 cup buttermilk room temperature
- Oil for frying

Instructions

1. Fill a deep frying pan or skillet with about 2 inches of oil and heat over high heat until sizzling.
2. In a shallow bowl, whisk together buttermilk, egg, salt, and pepper. Set aside.
3. In a separate shallow bowl, mix bread crumbs with Italian Herbs seasoning, paprika, garlic powder, salt and pepper. Set aside.
4. Unwrap the string cheese sticks. Dip each one into the buttermilk mixture, let excess liquid drip, then toss in the breadcrumbs mixture, then quickly again in the buttermilk mixture and lastly again in breadcrumbs.
5. Add to the pan with hot oil. Deep fry for ONLY about 1 minute total, cooking 20-30 seconds on one side and 20-30 seconds on the other side, just until the crust is golden brown.
6. Place fried cheese sticks on paper towels briefly to drain excess oil, then serve immediately with marinara sauce for dipping.

Nutrition Facts

Fried Cheese Sticks

Amount Per Serving

Calories 197 Calories from Fat 81

% Daily Value*

Fat 9g	14%
Saturated Fat 5g	31%
Cholesterol 38mg	13%
Sodium 445mg	19%
Potassium 59mg	2%
Carbohydrates 9g	3%
Fiber 0g	0%
Sugar 1g	1%
Protein 10g	20%
Vitamin A 145IU	3%
Calcium 70mg	7%
Iron 0.6mg	3%

* Percent Daily Values are based on a 2000 calorie diet.