



## Asian Peanut Chicken Tenders

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons teriyaki sauce
- 1 tablespoon creamy peanut butter
- 1 tablespoon juice of lime
- 0.5 teaspoon ground ginger
- 1 eggs
- 0.5 cup panko bread crumbs plain crispy
- 0.5 cup roasted peanuts salted finely chopped
- 14 oz chicken tenderloins uncooked (not breaded)

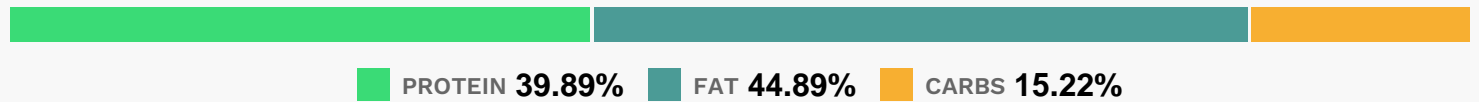
# Equipment

- bowl
- baking sheet
- oven
- ziploc bags

# Directions

- In medium bowl, mix Peanut Sauce ingredients. Cover; refrigerate until ready to serve.
- Heat oven to 400°F. Spray large cookie sheet with cooking spray. In shallow bowl, beat egg. In large resealable food-storage plastic bag, place bread crumbs and peanuts. Dip chicken into egg.
- Place in bread crumb bag; seal and shake to coat.
- Place chicken on cookie sheet.
- Bake 15 to 20 minutes, turning once, until chicken is no longer pink in center and bread crumbs are golden brown.
- Serve with sauce.

# Nutrition Facts



# Properties

Glycemic Index:3.5, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:16.837826018748%

# Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 297.8kcal (14.89%), Fat: 15.02g (23.11%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 9.24g (3.36%), Sugar: 2.27g (2.52%), Cholesterol: 104.42mg (34.81%), Sodium: 626.64mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.04g (60.07%), Vitamin B3: 14.26mg (71.28%), Selenium:

38.79µg (55.42%), Vitamin B6: 0.85mg (42.37%), Phosphorus: 341.52mg (34.15%), Manganese: 0.66mg (32.96%), Vitamin B5: 1.94mg (19.44%), Magnesium: 74.09mg (18.52%), Potassium: 589.12mg (16.83%), Vitamin B1: 0.21mg (13.84%), Vitamin B2: 0.21mg (12.36%), Folate: 44.73µg (11.18%), Copper: 0.2mg (10.12%), Iron: 1.61mg (8.96%), Fiber: 2.21g (8.85%), Zinc: 1.31mg (8.76%), Vitamin B12: 0.32µg (5.38%), Calcium: 48.12mg (4.81%), Vitamin E: 0.68mg (4.55%), Vitamin C: 2.32mg (2.81%), Vitamin D: 0.32µg (2.13%), Vitamin A: 91.12IU (1.82%)