



Awesome Pretzel Chicken Tenders with Spicy Honey Dijon Sauce

READY IN



405 min.

SERVINGS



8

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chiles in adobo sauce
- ☐ 1.5 cup almonds smoked
- ☐ 2 cups buttermilk
- ☐ 8 servings canola oil for frying
- ☐ 3 pounds chicken tenderloins boneless skinless cut into 1 1/2-inch strips
- ☐ 1 chipotle peppers in adobo sauce
- ☐ 1 teaspoon cider vinegar
- ☐ 0.5 cup dijon mustard

- ☐ 2 tablespoons basil dried
- ☐ 2 tablespoons sea salt
- ☐ 0.3 cup honey
- ☐ 2 tablespoons oregano dried
- ☐ 2 teaspoons pepper
- ☐ 12 large sourdough pretzels hard
- ☐ 0.8 teaspoon pepper flakes red
- ☐ 1 large resealable plastic bag
- ☐ 0.8 teaspoon salt

Equipment

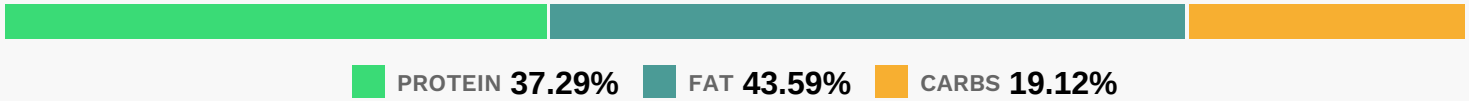
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, combine basil, oregano, granulated garlic, salt, pepper and red pepper flakes.
- ☐ Place buttermilk and half the spice mix into a double-lined resealable plastic bag.
- ☐ Add chicken and massage bag until well coated. Refrigerate 6 to 12 hours. Reserve remaining spice mix.
- ☐ Place almonds in plastic bag. Break up with rolling pin or mallet (flat side) until mixture looks part rough chopped part crumbs.

- ☐ Remove almonds and place into shallow bowl. Put pretzels in same bag and mash with mallet or rolling pin until it looks like a mixture of large breadcrumbs and powder.
- ☐ Add to almonds mix to combine.
- ☐ In a large fry pan, pour canola oil until it measures about 1 1/2 -inches high in pan.
- ☐ Heat over high, until oil is hot, but not smoking, temperature, 350 degrees.
- ☐ Remove tenders from buttermilk and dredge in almond-pretzel mixture, pressing mixture into the tenders. Gently add tenders, in batches, to the oil. Be sure not to over crowd the pan. Fry tenders until they are dark golden brown, being careful not to burn, about 5 minutes or until cooked through.
- ☐ Remove and drain on a cookie sheet lined with a wire rack.
- ☐ Serve immediately with Spicy Honey Dijon Sauce or keep warm in a 200 degree F oven.
- ☐ In a small food processor, combine all ingredients. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:36.28, Glycemic Load:6.86, Inflammation Score:-9, Nutrition Score:31.495652395746%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 477.38kcal (23.87%), Fat: 23.55g (36.24%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 17.66g (6.42%), Sugar: 13.33g (14.81%), Cholesterol: 115.46mg (38.49%), Sodium: 888.7mg (38.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.34g (90.68%), Vitamin B3: 19.1mg (95.51%), Selenium: 63.86µg (91.23%), Vitamin B6: 1.41mg (70.58%), Phosphorus: 571.07mg (57.11%), Vitamin E: 8.24mg (54.93%), Manganese: 0.98mg (48.85%), Vitamin B2: 0.62mg (36.63%), Magnesium: 144.22mg (36.05%), Potassium: 1018.14mg (29.09%), Vitamin B5: 2.88mg (28.8%), Vitamin K: 28.83µg (27.46%), Fiber: 5.58g (22.31%), Calcium: 208.97mg (20.9%), Iron: 3.64mg (20.24%), Copper: 0.4mg (20.17%), Vitamin B1: 0.24mg (16.07%), Zinc:

2.37mg (15.81%), Vitamin B12: 0.62µg (10.27%), Folate: 32.87µg (8.22%), Vitamin D: 0.95µg (6.33%), Vitamin A: 251.21IU (5.02%), Vitamin C: 2.32mg (2.82%)