



Buttermilk Chicken Tenders

READY IN



32 min.

SERVINGS



6

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups breadcrumbs
- 0.5 cup buttermilk
- 0.1 teaspoon ground pepper
- 1.3 pounds chicken tenderloins
- 2 eggs
- 0.8 cup flour all-purpose
- 2 teaspoons kosher salt
- 0.8 teaspoon all the tabasco sauce you handle
- 0.8 cup vegetable oil

- 2 tablespoons water

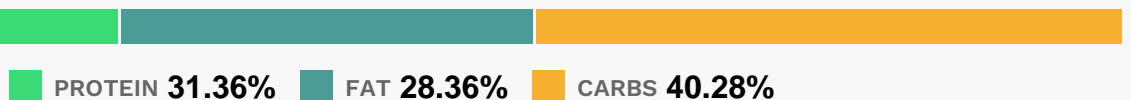
Equipment

- bowl
- frying pan
- baking sheet
- oven
- ziploc bags
- wax paper

Directions

- Mix buttermilk and Tabasco in a resealable plastic bag.
- Add chicken tenders and marinate for at least 1 hour or up to 1 day.
- Preheat oven to 225F. In a shallow dish, mix flour with salt and cayenne pepper. In a shallow bowl, beat together eggs with 2 Tbsp. water.
- Place bread crumbs in a separate shallow dish. Line a baking sheet with wax paper.
- Remove chicken tenders from buttermilk, draining any excess, and dredge individually in flour mixture, shaking off excess; then dip into egg, draining any excess. Next, dip chicken in bread crumbs, pressing gently into crumbs to coat.
- Place on baking sheet. (Chicken may be prepared up to 5 hours ahead; cover and refrigerate.)
- In a large skillet, heat 1/4 cup vegetable oil over medium-high heat. When hot, add one third of chicken tenders and cook, turning, until golden, about 4 minutes.
- Transfer to a baking sheet and keep warm. Wipe out pan and repeat cooking procedure in 2 more batches with remaining oil and tenders.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:8.93, Inflammation Score:-5, Nutrition Score:20.028695769932%

Nutrients (% of daily need)

Calories: 395.72kcal (19.79%), Fat: 12.19g (18.75%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 36.9g (13.42%), Sugar: 3.32g (3.68%), Cholesterol: 121.27mg (40.42%), Sodium: 1211.22mg (52.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.63%), Selenium: 51.87µg (74.1%), Vitamin B3: 13.86mg (69.29%), Vitamin B6: 0.84mg (41.97%), Vitamin B1: 0.55mg (36.72%), Phosphorus: 334.17mg (33.42%), Vitamin B2: 0.43mg (25.02%), Manganese: 0.46mg (23.03%), Vitamin B5: 2mg (20.05%), Folate: 79.11µg (19.78%), Iron: 3.11mg (17.29%), Potassium: 509.19mg (14.55%), Magnesium: 49.04mg (12.26%), Vitamin K: 12.8µg (12.19%), Calcium: 105.21mg (10.52%), Zinc: 1.49mg (9.9%), Vitamin B12: 0.55µg (9.17%), Fiber: 2.05g (8.22%), Copper: 0.16mg (7.94%), Vitamin E: 0.86mg (5.71%), Vitamin D: 0.65µg (4.36%), Vitamin A: 160.59IU (3.21%), Vitamin C: 1.62mg (1.96%)