



Cajun Chicken Fingers with Spicy Ketchup

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 1 pound chicken tenderloins halved
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 0.8 cup cornmeal yellow finely
- ☐ 1 cup catsup
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup milk
- ☐ 1 teaspoon oregano dried

- ☐ 10 servings salt and pepper
- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

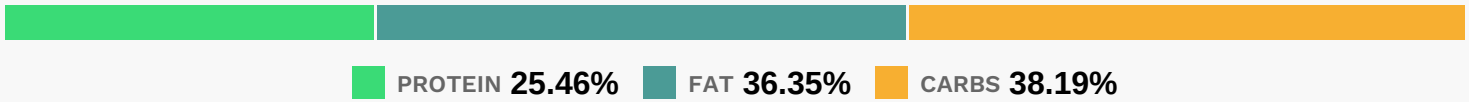
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Season chicken on all sides with salt and pepper.
- ☐ Place milk in a shallow bowl.
- ☐ Combine cornmeal, oregano, 1/4 tsp. salt and cayenne in a separate, shallow bowl.
- ☐ Melt butter with oil in a large skillet over medium-high heat. Dip chicken in milk, then dredge in cornmeal mixture.
- ☐ Transfer to skillet and pan-fry until browned and cooked through, 3 to 5 minutes per side.
- ☐ Mix ketchup, Tabasco, sugar and lemon juice in a small bowl. Season with salt and pepper. (Make it up to a week ahead; cover and chill.)
- ☐ Serve chicken warm with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:14.35, Glycemic Load:5.41, Inflammation Score:-4, Nutrition Score:7.5939130679421%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 178.67kcal (8.93%), Fat: 7.3g (11.23%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 15.96g (5.8%), Sugar: 7.09g (7.88%), Cholesterol: 36.51mg (12.17%), Sodium: 475.2mg (20.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Vitamin B3: 5.4mg (27%), Vitamin B6: 0.46mg (23.01%), Selenium: 15.69µg (22.41%), Phosphorus: 141.91mg (14.19%), Potassium: 299.12mg (8.55%), Vitamin B5: 0.78mg (7.82%), Magnesium: 29.99mg (7.5%), Vitamin K: 7.36µg (7.01%), Vitamin B2: 0.12mg (6.82%), Manganese: 0.12mg (6%), Vitamin E: 0.83mg (5.52%), Fiber: 1.3g (5.18%), Vitamin A: 251.05IU (5.02%), Vitamin B1: 0.08mg (5.02%), Zinc: 0.73mg (4.9%), Iron: 0.7mg (3.88%), Copper: 0.06mg (3.22%), Vitamin B12: 0.16µg (2.69%), Calcium: 26.72mg (2.67%), Vitamin C: 2.11mg (2.55%), Folate: 8.86µg (2.22%), Vitamin D: 0.22µg (1.48%)