



Chicken Fingers with Tomato-Jalapeño Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons rendered bacon fat unsalted
- 2 cups buttermilk
- 1 pound chicken breast tenders white
- 1 cup cornmeal stone ground
- 3 garlic cloves finely chopped
- 1 to 2 jalapeño chiles minced
- 4 servings lemon wedges for garnish
- 1 pound okra trimmed

- 2 tablespoons olive oil
- 2 tablespoons pepper sauce hot
- 4 servings salt
- 4 medium tomatoes peeled chopped
- 0.3 cup vegetable oil

Equipment

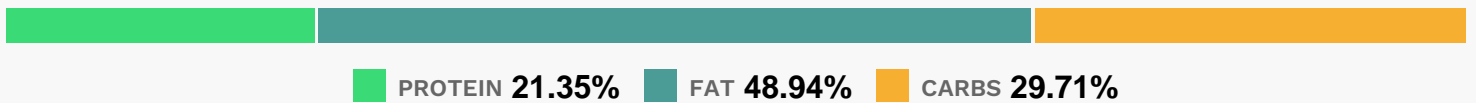
- bowl
- frying pan
- paper towels

Directions

- Put the chicken tenders in a large bowl and cover with the buttermilk. Stir in the hot sauce. Set aside to marinate for 10 minutes to 1 hour.
- In a nonreactive medium skillet, heat the olive oil over moderately low heat.
- Add the garlic and cook until softened, about 4 minutes.
- Add the jalapeos, increase the heat to moderately high and cook until the chiles wilt, about 2 minutes.
- Add the tomatoes and boil, stirring often, until the sauce thickens, about 5 minutes. Season with salt.
- Heat a large cast-iron skillet over moderate heat for about 5 minutes.
- Add 1 tablespoon of the vegetable oil and increase the heat to moderately high.
- Add half of the okra and fry, shaking the pan, until the okra is bright green and just tender, about 4 minutes.
- Transfer the okra to a plate.
- Add another 1/2 tablespoon of oil to the pan and fry the remaining okra. Season with salt.
- Put the cornmeal on a large, shallow plate.
- Remove the chicken from the buttermilk and shake lightly. Season the tenders with salt and dredge them in the cornmeal.

- In the same cast-iron skillet, melt 1 tablespoon of the butter in 2 more tablespoons vegetable oil over moderately high heat.
- Add the chicken tenders to the skillet without crowding and fry until lightly browned and crisp, about 3 minutes per side. Adjust the heat if the oil gets too hot.
- Drain the chicken on paper towels and fry the rest, using the remaining 1/2 tablespoon vegetable oil and 1 tablespoon butter.
- Meanwhile, reheat the tomato sauce. Spoon the sauce onto plates and arrange the chicken and okra beside it.
- Garnish with the lemon wedges or pass them separately.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:22.17, Inflammation Score:-9, Nutrition Score:38.522173798603%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 24.72mg, Quercetin: 24.72mg, Quercetin: 24.72mg, Quercetin: 24.72mg

Nutrients (% of daily need)

Calories: 653.76kcal (32.69%), Fat: 36.06g (55.48%), Saturated Fat: 10.05g (62.81%), Carbohydrates: 49.25g (16.42%), Net Carbohydrates: 40.22g (14.62%), Sugar: 11.67g (12.96%), Cholesterol: 100.82mg (33.61%), Sodium: 640.22mg (27.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.39g (70.78%), Vitamin B6: 1.52mg (76.15%), Vitamin B3: 14.86mg (74.31%), Vitamin K: 76.48µg (72.84%), Manganese: 1.36mg (67.78%), Vitamin C: 54.54mg (66.11%), Selenium: 44.31µg (63.31%), Phosphorus: 535.17mg (53.52%), Vitamin A: 2292.15IU (45.84%), Magnesium: 163.82mg (40.96%), Potassium: 1370.37mg (39.15%), Fiber: 9.03g (36.14%), Vitamin B1: 0.53mg (35.3%), Folate: 112.26µg (28.07%), Vitamin B5: 2.74mg (27.37%), Vitamin B2: 0.46mg (27.12%), Calcium: 258.48mg (25.85%), Vitamin E: 3.84mg (25.59%), Zinc: 3.26mg (21.72%), Copper: 0.36mg (18.24%), Iron: 2.81mg (15.6%), Vitamin B12: 0.79µg (13.18%), Vitamin D: 1.78µg (11.86%)