



Coconut and Whole Wheat Chicken Tenders

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken tenderloins
- 2 egg whites
- 0.5 cup coconut flakes unsweetened
- 0.5 cup coconut flakes unsweetened
- 0.5 cup bread crumbs whole wheat

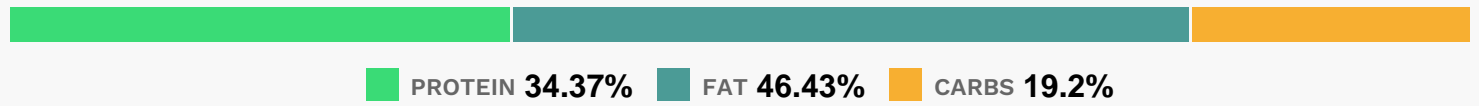
Equipment

- baking sheet
- oven

Directions

- Pre
- Heat the oven to 350 degrees
- Dip chicken tenders in egg whites
- Mix together the whole wheat crumbs and unsweetened coconut
- Roll egg chicken in the breadcrumbs/coconut mixture
- Place on a cookie sheet in bake for 20 minutes

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:28.93347826087%

Nutrients (% of daily need)

Calories: 637kcal (31.85%), Fat: 34.25g (52.69%), Saturated Fat: 25.6g (160.02%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 22.24g (8.09%), Sugar: 4.24g (4.71%), Cholesterol: 145.15mg (48.38%), Sodium: 472.61mg (20.55%), Protein: 57.04g (114.08%), Selenium: 86.44µg (123.48%), Vitamin B3: 23.94mg (119.71%), Vitamin B6: 1.83mg (91.39%), Manganese: 1.2mg (60.2%), Phosphorus: 568.32mg (56.83%), Fiber: 9.62g (38.5%), Vitamin B5: 3.63mg (36.29%), Potassium: 1118.82mg (31.97%), Magnesium: 100.52mg (25.13%), Vitamin B2: 0.4mg (23.59%), Iron: 4.16mg (23.13%), Copper: 0.41mg (20.32%), Zinc: 2.18mg (14.52%), Vitamin B1: 0.17mg (11.46%), Vitamin C: 8.76mg (10.62%), Vitamin B12: 0.48µg (8.01%), Vitamin E: 0.62mg (4.12%), Folate: 14.1µg (3.52%), Calcium: 24.49mg (2.45%), Vitamin D: 0.23µg (1.51%), Vitamin A: 68.04IU (1.36%)