



Coconut Chicken Tenders with Sweet Chili Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



956 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken tenderloins uncooked (not breaded)
- ☐ 1.5 cups coconut or shredded
- ☐ 2 eggs
- ☐ 1 teaspoon soya sauce
- ☐ 0.5 cup chilli sauce sweet
- ☐ 1.5 cups vegetable oil
- ☐ 2 tablespoons water

- ☐ 1.5 cups frangelico
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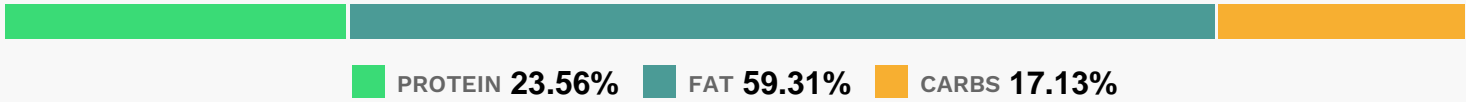
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400F. Line cookie sheet with cooking parchment paper.
- ☐ In medium bowl, beat eggs, water and soy sauce with whisk or fork. In another medium bowl, stir together Bisquick mix and coconut.
- ☐ In large skillet, heat oil over medium heat. Dip each chicken tender in egg mixture, then in Bisquick mixture; dip again in egg mixture and in Bisquick mixture. Cook chicken in batches in hot oil until browned on each side.
- ☐ Place chicken on cookie sheet.
- ☐ Bake 5 to 10 minutes or until chicken is no longer pink in center.
- ☐ Serve with sweet chili sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:32.341738845991%

Nutrients (% of daily need)

Calories: 956.06kcal (47.8%), Fat: 63.24g (97.3%), Saturated Fat: 25.47g (159.19%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 35.29g (12.83%), Sugar: 34.42g (38.25%), Cholesterol: 308.83mg (102.94%), Sodium:

1143.39mg (49.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.52g (113.03%), Selenium: 92.17µg (131.67%), Vitamin B3: 24.13mg (120.65%), Vitamin B6: 1.81mg (90.6%), Phosphorus: 635.09mg (63.51%), Vitamin K: 60.84µg (57.94%), Manganese: 0.96mg (48.07%), Vitamin B5: 4.1mg (40.98%), Potassium: 1119.83mg (32%), Vitamin B2: 0.44mg (26.14%), Vitamin E: 3.71mg (24.75%), Fiber: 5.81g (23.23%), Magnesium: 84.8mg (21.2%), Copper: 0.36mg (18.02%), Iron: 3.15mg (17.47%), Zinc: 2.56mg (17.05%), Vitamin B12: 0.85µg (14.09%), Vitamin B1: 0.2mg (13.61%), Folate: 45.89µg (11.47%), Vitamin D: 1.11µg (7.38%), Vitamin A: 305.64IU (6.11%), Vitamin C: 4.7mg (5.7%), Calcium: 45.43mg (4.54%)