



Cornflake-Crusted Chicken Tenders

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.5 pounds chicken tenderloins boneless skinless (20 tenders)
- ☐ 1 cup cornflakes crushed finely
- ☐ 1 teaspoon optional: dill dried
- ☐ 2 teaspoons parsley dried
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 cup ranch dressing store-bought
- ☐ 0.8 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Cover a baking sheet with aluminum foil and set a heatproof wire baking rack on top; spray rack lightly with cooking spray.
- ☐ In a small bowl or shallow dish, season flour with 1/4 teaspoon each salt and pepper; whisk eggs in another shallow dish. In a third shallow dish, mix cornflakes with parsley, garlic, dill, the remaining 1/2 teaspoon salt, and the remaining 1/4 teaspoon of pepper.
- ☐ Dredge chicken in flour to coat, shaking off excess. Dip into egg and then into cornflake mixture, making sure entire surface is coated. Arrange on prepared baking rack.
- ☐ Bake for 12 to 15 minutes, or until golden brown and cooked through, flipping once during cooking.
- ☐ Serve with Buttermilk Ranch Sauce for dipping.
- ☐ A Frugal Trick
- ☐ If you can't find or don't want to spend the extra money on chicken tenders, simply place a whole chicken breast between two layers of plastic wrap, pound it to an even 1/2-inch thickness, and slice it into strips.
- ☐ From Breakfast for Dinner: Recipes for Frittata Florentine, Huevos Rancheros, Sunny-Side-Up Burgers, and More! by Lindsay Landis & Taylor Hackbarth, © 2013 Quirk Books

Nutrition Facts



 PROTEIN **59.84%**  FAT **31.24%**  CARBS **8.92%**

Properties

Glycemic Index:28, Glycemic Load:8.68, Inflammation Score:-8, Nutrition Score:40.96217417717%

Flavonoids

Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg

Nutrients (% of daily need)

Calories: 961.51kcal (48.08%), Fat: 32.09g (49.37%), Saturated Fat: 6.45g (40.29%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 19.8g (7.2%), Sugar: 2.23g (2.48%), Cholesterol: 499.96mg (166.65%), Sodium: 1517.9mg (66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 138.31g (276.62%), Vitamin B3: 67.28mg (336.41%), Selenium: 214.38µg (306.26%), Vitamin B6: 4.87mg (243.65%), Phosphorus: 1444.14mg (144.41%), Vitamin B5: 9.6mg (96.04%), Potassium: 2411.8mg (68.91%), Vitamin B2: 0.95mg (55.94%), Magnesium: 175.17mg (43.79%), Vitamin B1: 0.63mg (42.32%), Vitamin K: 42.66µg (40.63%), Iron: 5.79mg (32.15%), Vitamin B12: 1.87µg (31.18%), Zinc: 4.21mg (28.05%), Folate: 91.97µg (22.99%), Manganese: 0.29mg (14.33%), Vitamin E: 2.14mg (14.29%), Copper: 0.24mg (11.89%), Vitamin C: 9.15mg (11.09%), Vitamin A: 475.49IU (9.51%), Vitamin D: 1.41µg (9.37%), Calcium: 63.28mg (6.33%), Fiber: 0.83g (3.32%)