



Crouton Crushed Chicken Tenders with Orange Barbeque Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 0.3 cup barbeque sauce
- 0.3 cup bread crumbs plain
- 6 ounce garlic and butter croutons
- 0.5 cup buttermilk
- 1.5 pounds chicken tenderloins
- 1 eggs
- 0.5 cup flour all-purpose

- 1 teaspoon hot sauce
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons orange marmalade
- 1 teaspoon poultry seasoning

Equipment

- bowl
- baking sheet
- oven
- whisk
- kitchen towels
- rolling pin
- cutting board

Directions

- Preheat the oven to 375 degrees F.
- Cut the corner off of the bag croutons just enough to let the air escape.
- Place the bag onto a cutting board, cover with a kitchen towel and smash it with a rolling pin. Crush the croutons until coarse in texture.
- Set up a breading station with 3 pie plates or baking dishes. In 1 dish add the flour, and season it with poultry seasoning, and a generous pinch of salt and pepper. In the second dish mix together the egg and buttermilk. In the third dish add the crushed croutons, and the bread crumbs.
- Dip chicken tenders into the flour and shake of any excess. Then dip them into the buttermilk, and then into the bread crumb mixture making sure to thoroughly coat the tenders.
- Put the tenders on a baking sheet and bake for 10 to 12 minutes.
- Transfer to a platter and serve with the orange barbeque sauce.
- Add all of the ingredients to a small bowl, and whisk together until well combined.

Nutrition Facts



■ PROTEIN 24.28% ■ FAT 54.42% ■ CARBS 21.3%

Properties

Glycemic Index:57, Glycemic Load:9.12, Inflammation Score:-7, Nutrition Score:24.422608810922%

Nutrients (% of daily need)

Calories: 693.84kcal (34.69%), Fat: 41.76g (64.24%), Saturated Fat: 23.9g (149.36%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 35.57g (12.94%), Sugar: 16.09g (17.87%), Cholesterol: 244.51mg (81.5%), Sodium: 861.91mg (37.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.93g (83.85%), Vitamin B3: 19.48mg (97.4%), Selenium: 67.32µg (96.18%), Vitamin B6: 1.35mg (67.54%), Phosphorus: 453mg (45.3%), Vitamin B5: 2.91mg (29.14%), Vitamin A: 1297.52IU (25.95%), Vitamin B2: 0.42mg (24.57%), Vitamin B1: 0.35mg (23.13%), Potassium: 797.52mg (22.79%), Manganese: 0.31mg (15.4%), Magnesium: 61.53mg (15.38%), Folate: 55.12µg (13.78%), Iron: 2.37mg (13.14%), Vitamin B12: 0.68µg (11.33%), Vitamin E: 1.67mg (11.12%), Zinc: 1.58mg (10.56%), Calcium: 95.61mg (9.56%), Vitamin K: 8.72µg (8.31%), Copper: 0.14mg (6.95%), Vitamin D: 0.78µg (5.2%), Fiber: 1.2g (4.78%), Vitamin C: 3.47mg (4.21%)