



Crunchy Parmesan Chicken Tenders

READY IN



27 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup buttermilk
- ☐ 1.5 pounds chicken tenderloins (18)
- ☐ 3 large garlic cloves minced
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1.3 cups parmesan freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup seasoned bread crumbs italian-style

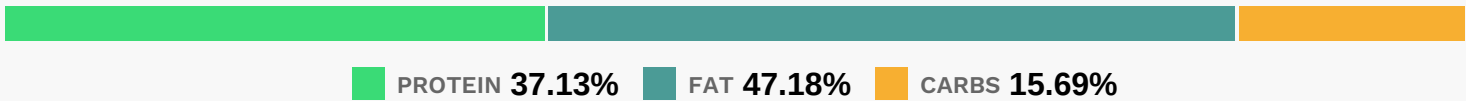
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 500 degrees F.
- ☐ Brush 1 tablespoon of oil over each of 2 heavy large lined baking sheets.
- ☐ Place the buttermilk in a large bowl.
- ☐ Add the chicken tenders and stir to coat.
- ☐ Let stand at least 15 minutes and up to 30 minutes.
- ☐ Meanwhile, mash the garlic with the salt in a medium bowl.
- ☐ Whisk in the vinegar and then the remaining 1/2 cup of oil. Season the vinaigrette, to taste, with pepper.
- ☐ Transfer the vinaigrette to a small serving bowl.
- ☐ Stir the Parmesan and bread crumbs in a pie dish.
- ☐ Remove the chicken tenders from the buttermilk and dredge them in the bread crumb mixture to coat completely, pressing to adhere. Arrange the coated chicken tenders on the prepared baking sheets, spacing evenly.
- ☐ Drizzle the remaining 2 tablespoons of oil over the chicken tenders and bake until they are cooked through and golden brown, about 12 minutes.
- ☐ Transfer the chicken tenders to a platter and serve the vinaigrette alongside for dipping.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:18.752173942068%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 385.22kcal (19.26%), Fat: 19.81g (30.47%), Saturated Fat: 6.32g (39.51%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 14.03g (5.1%), Sugar: 4.19g (4.66%), Cholesterol: 91.29mg (30.43%), Sodium: 903.78mg (39.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.07g (70.14%), Selenium: 46.38µg (66.25%), Vitamin B3: 12.86mg (64.28%), Vitamin B6: 0.93mg (46.36%), Phosphorus: 447.24mg (44.72%), Calcium: 331.17mg (33.12%), Vitamin B5: 1.97mg (19.66%), Vitamin B2: 0.32mg (18.56%), Vitamin B1: 0.25mg (16.45%), Potassium: 543.83mg (15.54%), Magnesium: 51.06mg (12.77%), Vitamin K: 13.41µg (12.77%), Vitamin B12: 0.71µg (11.89%), Vitamin E: 1.67mg (11.16%), Manganese: 0.22mg (10.96%), Zinc: 1.62mg (10.82%), Iron: 1.49mg (8.26%), Folate: 25.91µg (6.48%), Vitamin A: 292.36IU (5.85%), Vitamin D: 0.74µg (4.92%), Copper: 0.09mg (4.6%), Fiber: 0.79g (3.17%), Vitamin C: 2.23mg (2.71%)