



Fried Chicken Tenders

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cayenne pepper
- 24 chicken tenderloins
- 2 eggs beaten
- 1 cup flour all-purpose
- 0.5 teaspoon ground pepper black
- 3 tablespoons horseradish prepared
- 1 cup mayonnaise
- 3 tablespoons mustard prepared

- 2 quarts oil for frying
- 2 cups seasoned bread crumbs italian-style
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons water
- 1 dash worcestershire sauce

Equipment

- bowl
- paper towels
- deep fryer

Directions

- Place flour in a shallow bowl.
- Place breadcrumbs in a separate shallow bowl, and mix with ground black pepper and cayenne pepper.
- Place eggs and water in a small bowl.
- One piece at a time, coat the chicken in the flour, the eggs and the bread crumbs, and set aside.
- Heat oil in a deep fryer to 375 degrees F (190 degrees C).
- In small batches, fry chicken 6 to 8 minutes, or until golden brown.
- Remove chicken, and drain on paper towels.
- In a separate small bowl, combine the mayonnaise, horseradish, sour cream, Worcestershire sauce and mustard.
- Mix well, and serve with the chicken for dipping.

Nutrition Facts

 **PROTEIN 16.01%**  **FAT 70.2%**  **CARBS 13.79%**

Properties

Glycemic Index:32, Glycemic Load:8.91, Inflammation Score:-7, Nutrition Score:30.289130055386%

Nutrients (% of daily need)

Calories: 1002.59kcal (50.13%), Fat: 78.03g (120.05%), Saturated Fat: 9.87g (61.7%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 32.1g (11.67%), Sugar: 3.01g (3.34%), Cholesterol: 157.46mg (52.49%), Sodium: 860.36mg (37.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.04g (80.07%), Selenium: 67.35µg (96.21%), Vitamin B3: 18.5mg (92.52%), Vitamin K: 94.24µg (89.75%), Vitamin E: 9.8mg (65.34%), Vitamin B6: 1.22mg (61%), Phosphorus: 432.02mg (43.2%), Vitamin B1: 0.53mg (35.25%), Vitamin B5: 2.68mg (26.82%), Vitamin B2: 0.44mg (25.77%), Manganese: 0.48mg (23.99%), Folate: 81.49µg (20.37%), Potassium: 707.22mg (20.21%), Iron: 3.16mg (17.55%), Magnesium: 63.95mg (15.99%), Zinc: 1.73mg (11.52%), Fiber: 2.38g (9.54%), Calcium: 95.04mg (9.5%), Vitamin B12: 0.57µg (9.44%), Copper: 0.16mg (8.12%), Vitamin A: 326.96IU (6.54%), Vitamin C: 4.27mg (5.18%), Vitamin D: 0.43µg (2.84%)