



## Fried" Panko Chicken Tenders

READY IN



22 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 servings barbecue sauce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds chicken breast ( 12 tenders)
- ☐ 0.8 cup nonfat buttermilk
- ☐ 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.1 teaspoon salt

### Equipment

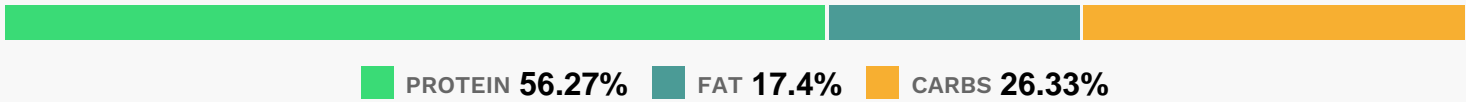
- ☐ frying pan

- ☐ oven
- ☐ wire rack

## Directions

- ☐ Preheat oven to 45
- ☐ Combine panko, pepper, and salt in a shallow dish.
- ☐ Pour buttermilk into another shallow dish.
- ☐ Dip chicken in buttermilk; dredge in panko mixture, pressing firmly to coat. Shake off excess panko mixture.
- ☐ Place chicken on a wire rack; let stand 10 minutes. While chicken stands, place a jelly-roll pan in oven to heat.
- ☐ Coat chicken well with cooking spray.
- ☐ Remove hot pan from oven; coat with cooking spray. Arrange chicken in a single layer on pan.
- ☐ Bake at 450 for 23 minutes or until chicken is lightly browned.
- ☐ Serve with Cajun-Creole Dipping Sauce.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:19.681304579196%

## Nutrients (% of daily need)

Calories: 301.68kcal (15.08%), Fat: 5.61g (8.63%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 18.03g (6.56%), Sugar: 3.95g (4.38%), Cholesterol: 109.75mg (36.58%), Sodium: 485.82mg (21.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.8g (81.6%), Vitamin B3: 19.24mg (96.21%), Selenium: 60.12µg (85.89%), Vitamin B6: 1.3mg (65.12%), Phosphorus: 394.73mg (39.47%), Vitamin B5: 2.55mg (25.51%), Vitamin B1: 0.33mg (21.79%), Potassium: 677.46mg (19.36%), Vitamin B2: 0.26mg (15.39%), Magnesium: 54.25mg (13.56%), Manganese: 0.25mg (12.48%), Iron: 1.74mg (9.64%), Zinc: 1.32mg (8.77%), Folate: 30.92µg (7.73%), Vitamin B12: 0.42µg (6.98%), Calcium: 56.38mg (5.64%), Copper: 0.11mg (5.29%), Fiber: 1.05g (4.21%), Vitamin C: 2.58mg (3.13%), Vitamin E: 0.35mg (2.34%), Vitamin K: 2.05µg (1.95%), Vitamin D: 0.17µg (1.13%), Vitamin A: 53.95IU (1.08%)