



Fried" Pecan Chicken Fingers

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baking mix all-purpose
- ☐ 0.5 cup buttermilk
- ☐ 18.4 oz chicken breast tenderloins boneless skinless
- ☐ 2 large eggs
- ☐ 8 servings garnish: green onion curls
- ☐ 1 cup pecan halves
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

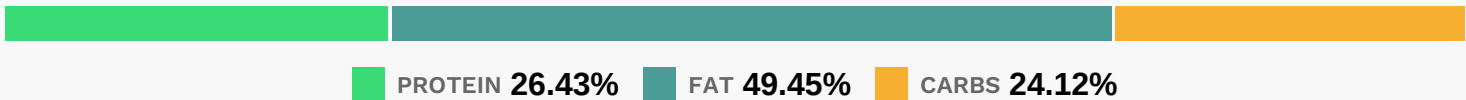
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Place pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 10 minutes or until lightly toasted, stirring occasionally.
- ☐ Process toasted pecans, baking mix, salt, and pepper in a food processor until pecans are finely ground.
- ☐ Place 1/2 cup pecan mixture in a large bowl.
- ☐ Add chicken, tossing to coat.
- ☐ Whisk together eggs and buttermilk. Dip chicken in milk mixture; dredge in remaining pecan mixture. Arrange chicken in a single layer on a lightly greased aluminum foil-lined baking sheet. Lightly coat tops of chicken with vegetable cooking spray.
- ☐ Bake at 425 for 20 to 25 minutes or until chicken is golden brown. Arrange on a serving platter, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:14.507391141809%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 285.55kcal (14.28%), Fat: 15.76g (24.25%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.46g (5.62%), Sugar: 4.03g (4.48%), Cholesterol: 90.33mg (30.11%), Sodium: 687.91mg (29.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.91%), Vitamin B3: 8.02mg (40.12%), Selenium: 27.46µg (39.23%), Phosphorus: 342.75mg (34.27%), Manganese: 0.67mg (33.68%), Vitamin B6: 0.56mg (28.11%), Vitamin B1: 0.27mg (17.88%), Vitamin B2: 0.27mg (15.74%), Vitamin B5: 1.49mg (14.9%), Vitamin K: 14.73µg (14.03%), Copper: 0.22mg (11.02%), Folate: 43.94µg (10.99%), Potassium: 384.45mg (10.98%), Magnesium: 41.97mg (10.49%), Zinc: 1.32mg (8.78%), Iron: 1.5mg (8.36%), Calcium: 81.5mg (8.15%), Fiber: 1.85g (7.39%), Vitamin B12: 0.4µg (6.64%), Vitamin A: 180.14IU (3.6%), Vitamin D: 0.51µg (3.4%), Vitamin E: 0.5mg (3.35%), Vitamin C: 2.11mg (2.56%)