



Honey Roasted Peanut Crusted Chicken Tenders

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast uncooked (not breaded)
- 2 eggs
- 0.5 cup flour all-purpose
- 0.1 teaspoon ground pepper red (cayenne)
- 0.5 cup panko bread crumbs crispy
- 0.8 cup roasted peanuts finely chopped
- 0.5 teaspoon salt

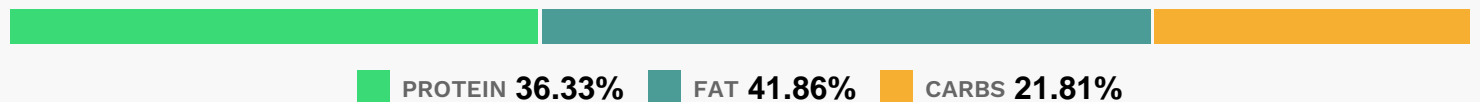
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- aluminum foil

Directions

- Heat oven to 350F. Line cookie sheet with foil or cooking parchment paper.
- In shallow bowl, mix flour, salt and red pepper. In second bowl, beat eggs with fork or whisk. In third bowl, mix peanuts and bread crumbs.
- Coat chicken tenders with flour mixture, shaking off excess. Dip chicken tenders in eggs, then coat both sides with peanut mixture.
- Place on cookie sheet.
- Bake 18 to 20 minutes, turning once, or until chicken is no longer pink in center and coating is golden brown.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.63, Inflammation Score:-5, Nutrition Score:21.920869539613%

Nutrients (% of daily need)

Calories: 405.93kcal (20.3%), Fat: 19.02g (29.25%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 19.08g (6.94%), Sugar: 0.6g (0.66%), Cholesterol: 154.41mg (51.47%), Sodium: 627.23mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.14g (74.27%), Vitamin B3: 17.36mg (86.79%), Selenium: 52.29µg (74.7%), Vitamin B6: 0.97mg (48.72%), Manganese: 0.85mg (42.27%), Phosphorus: 417.07mg (41.71%), Vitamin B5: 2.44mg (24.44%), Vitamin B1: 0.36mg (24.24%), Folate: 86.05µg (21.51%), Magnesium: 84.88mg (21.22%), Vitamin B2: 0.35mg (20.31%), Potassium: 695.1mg (19.86%), Iron: 2.52mg (14.02%), Copper:

0.27mg (13.47%), Fiber: 3.21g (12.85%), Zinc: 1.71mg (11.4%), Vitamin B12: 0.45µg (7.48%), Calcium: 61.71mg (6.17%),
Vitamin D: 0.55µg (3.69%), Vitamin A: 178.83IU (3.58%), Vitamin E: 0.48mg (3.2%), Vitamin C: 1.41mg (1.71%)