



## Lime Tortilla-Crusted Chicken Tenders

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb chicken tenderloins frozen thawed
- 1 sprigs garnishes: cilantro lime wedges fresh
- 2 large eggs
- 0.3 cup flour all-purpose
- 0.8 teaspoon pepper
- 0.8 teaspoon salt
- 2.8 cups tortilla chips crushed lime-flavored finely

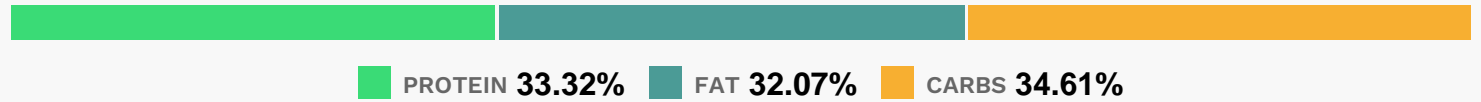
### Equipment

- baking sheet
- oven
- whisk
- wire rack
- aluminum foil

## Directions

- Preheat oven to 425
- Whisk together eggs and 1 Tbsp. water until blended.
- Sprinkle chicken with salt and pepper. Dredge in flour; dip in egg mixture, and dredge in crushed tortilla chips.
- Place chicken on a lightly greased wire rack on an aluminum foil-lined baking sheet.
- Bake at 425 for 15 to 20 minutes or until done.
- Garnish, if desired.
- Note: We tested with Tostitos Hint of Lime Tortilla Chips.

## Nutrition Facts



## Properties

Glycemic Index:23.17, Glycemic Load:2.91, Inflammation Score:-5, Nutrition Score:20.973043410674%

## Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 464.62kcal (23.23%), Fat: 16.47g (25.34%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 36.95g (13.44%), Sugar: 0.49g (0.55%), Cholesterol: 158.77mg (52.92%), Sodium: 662.78mg (28.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.01%), Vitamin B3: 16.53mg (82.67%), Selenium: 57.6µg (82.28%), Vitamin B6: 1.26mg (62.91%), Phosphorus: 475.16mg (47.52%), Vitamin B5: 3.06mg (30.61%), Magnesium: 87.18mg (21.79%), Potassium: 687.49mg (19.64%), Vitamin B2: 0.29mg (17.09%), Vitamin E: 2.33mg (15.53%), Vitamin B1: 0.22mg (14.56%), Zinc: 1.86mg (12.4%), Fiber: 3.05g (12.22%), Vitamin K: 11.79µg

(11.23%), Iron: 1.92mg (10.68%), Vitamin B12: 0.45µg (7.51%), Calcium: 74.89mg (7.49%), Folate: 29.79µg (7.45%),  
Copper: 0.12mg (5.76%), Manganese: 0.1mg (4.78%), Vitamin D: 0.48µg (3.23%), Vitamin A: 138.39IU (2.77%),  
Vitamin C: 1.86mg (2.26%)