



Mexican Chicken Tenders



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 4 cups cabbage shredded
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 cup mayonnaise reduced-fat
- ☐ 2 medium onions red sliced into 1/4-inch-thick rounds

- ☐ 1.3 pounds chicken breasts boneless skinless cut into 1-inch strips
- ☐ 2 tablespoons sugar
- ☐ 9 ounce tortilla chips low-sodium crushed finely

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Position a rack in the upper third of the oven and preheat to 450 degrees F.
- ☐ Whisk 1/4 cup vinegar, 1 tablespoon sugar and the chili powder in a shallow microwave-safe dish.
- ☐ Add the onions, separating them into rings. Cover with plastic wrap and microwave until crisp-tender, 3 to 5 minutes. Toss to coat the onions with the liquid, then let cool.
- ☐ Meanwhile, whisk 1/3 cup mayonnaise, the cilantro and the remaining 2 tablespoons vinegar and 1 tablespoon sugar in a large bowl.
- ☐ Add the cabbage, jalapenos, 1 teaspoon salt, and pepper to taste and toss. Refrigerate the slaw until ready to serve.
- ☐ Whisk the remaining 2/3 cup mayonnaise and 1 tablespoon liquid from the pickled onions in a shallow dish.
- ☐ Put the crushed chips in another dish. Coat a baking sheet with cooking spray. Dip the chicken in the mayonnaise mixture and then in the chips; place on the baking sheet. Mist the chicken with cooking spray.
- ☐ Bake until crisp and cooked through, 10 to 12 minutes.
- ☐ Serve with the slaw and onions.

Nutrition Facts



Properties

Glycemic Index:61.27, Glycemic Load:6.48, Inflammation Score:-8, Nutrition Score:30.440869660481%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg

Nutrients (% of daily need)

Calories: 669.66kcal (33.48%), Fat: 29.77g (45.8%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 65.23g (21.74%), Net Carbohydrates: 58.17g (21.15%), Sugar: 13.55g (15.06%), Cholesterol: 99.68mg (33.23%), Sodium: 1079.79mg (46.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.38%), Vitamin K: 104.65µg (99.67%), Vitamin B3: 15.89mg (79.44%), Selenium: 50.61µg (72.29%), Vitamin B6: 1.4mg (70.15%), Phosphorus: 493.39mg (49.34%), Vitamin C: 40.07mg (48.57%), Vitamin E: 4.91mg (32.73%), Vitamin B5: 3.07mg (30.72%), Fiber: 7.06g (28.24%), Magnesium: 110.58mg (27.65%), Potassium: 931.59mg (26.62%), Vitamin A: 911.77IU (18.24%), Vitamin B1: 0.26mg (17.41%), Vitamin B2: 0.26mg (15.07%), Folate: 59.39µg (14.85%), Manganese: 0.29mg (14.63%), Zinc: 2.07mg (13.8%), Iron: 2.44mg (13.55%), Calcium: 128.27mg (12.83%), Copper: 0.17mg (8.68%), Vitamin B12: 0.28µg (4.72%)