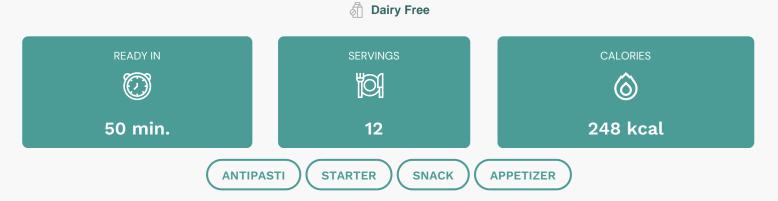


Mustard-And-Bacon-Crusted Chicken Bites With Bacon Aioli Recipe



Ingredients

T cup canola oii
4 jumbo chicken tenderloins (10-12 ounces total)
0.5 cup bacon cooked chopped
4 bacon cooked roughly chopped
6 eggs
1 teaspoon flat parsley italian chopped
1 teaspoon garlic chopped

	2 teaspoons juice of lemon fresh	
	0.5 cup mayonnaise	
	0.5 cup ground mustard	
	2 cups panko bread crumbs	
Εq	uipment	
	bowl	
	sauce pan	
Diı	rections	
	Roll chicken tenderloins in mustard powder.	
	Combine chopped parsley, cooked bacon and panko in a separate bowl. In a third bowl, beat eggs with 3 tablespoons water. Dredge the chicken in the egg wash, covering the chicken completely.	
	Remove it from the egg wash, allow any excess liquid to drip off, and roll the chicken in panko mix until completely covered.	
	Remove and place in refrigerator until ready to cook. When ready to cook, heat 1 cup oil in a saucepan over medium heat and cook both sides of chicken until chicken is cooked through, about 2–3 minutes each side (internal temperature of 160°F).	
	Cut chicken into 1/2-inch pieces and serve with bacon aioli. Chef's Notes: The chicken can be breaded two weeks ahead of time and frozen in an airtight container. When you plan to use it remove it from the freezer 1 hour prior to cooking, then follow the normal procedure. Use shrimp, pork, or even a zucchini stick as a variation for this fun, tasty morsel. Try out these small bites recipes on Food Republic: Chorizo Potato Bites Recipe	
	Crispy Prosciutto Bites Recipe	
	Bloody Mary Bites Recipe	
Nutrition Facts		
	PROTEIN 18.79% FAT 66.43% CARBS 14.78%	

Properties

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Que

Nutrients (% of daily need)

Calories: 247.96kcal (12.4%), Fat: 18.25g (28.07%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.05g (2.93%), Sugar: 1.13g (1.26%), Cholesterol: 103.73mg (34.58%), Sodium: 307.67mg (13.38%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 11.61g (23.22%), Selenium: 29.44µg (42.05%), Vitamin K: 19.06µg (18.15%), Vitamin B3: 3.44mg (17.21%), Phosphorus: 169.21mg (16.92%), Vitamin B1: O.2mg (13.4%), Vitamin B6: O.24mg (11.94%), Manganese: O.23mg (11.73%), Vitamin B2: O.19mg (11.2%), Vitamin E: 1.53mg (10.18%), Iron: 1.5mg (8.36%), Magnesium: 33.04mg (8.26%), Vitamin B5: O.77mg (7.73%), Folate: 30.8µg (7.7%), Zinc: 1.09mg (7.23%), Vitamin B12: O.36µg (5.93%), Potassium: 190.64mg (5.45%), Calcium: 47.38mg (4.74%), Copper: O.09mg (4.49%), Fiber: 1.09g (4.37%), Vitamin D: O.5µg (3.37%), Vitamin A: 134.98IU (2.7%), Vitamin C: O.98mg (1.19%)