

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

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup canola oil
- 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

Equipment

- bowl
- sauce pan

Directions

- 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

Glycemic Index:9.33, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:9.7521737243818%

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: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

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: 0g (100%), Alcohol %: 0% (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: 0.2mg (13.4%), Vitamin B6: 0.24mg (11.94%), Manganese: 0.23mg (11.73%), Vitamin B2: 0.19mg (11.2%), Vitamin E: 1.53mg (10.18%), Iron: 1.5mg (8.36%), Magnesium: 33.04mg (8.26%), Vitamin B5: 0.77mg (7.73%), Folate: 30.8µg (7.7%), Zinc: 1.09mg (7.23%), Vitamin B12: 0.36µg (5.93%), Potassium: 190.64mg (5.45%), Calcium: 47.38mg (4.74%), Copper: 0.09mg (4.49%), Fiber: 1.09g (4.37%), Vitamin D: 0.5µg (3.37%), Vitamin A: 134.98IU (2.7%), Vitamin C: 0.98mg (1.19%)