



## Pecan Chicken Tenders

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



1197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 chicken breast tenders
- 1 large eggs
- 0.5 cup milk
- 4 servings pecan-cornmeal dredge
- 4 servings vegetable oil

### Equipment

- bowl
- paper towels

- whisk
- wire rack
- dutch oven

## Directions

- Place Pecan–Cornmeal Dredge in a shallow bowl.
- Whisk together egg and milk in another shallow bowl. Dip chicken breast tenders, 1 at a time, in egg mixture; dredge in Pecan–Cornmeal Dredge.
- Pour vegetable oil to depth of 2 inches into a Dutch oven; heat to 32
- Fry chicken, in batches, in hot oil 5 to 6 minutes or until done.
- Drain on a wire rack over paper towels.

## Nutrition Facts

**PROTEIN 67.82%** **FAT 31.6%** **CARBS 0.58%**

## Properties

Glycemic Index:12, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:42.138695690943%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg

## Nutrients (% of daily need)

Calories: 1197.41kcal (59.87%), Fat: 40.3g (62%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.56g (0.57%), Sugar: 1.55g (1.73%), Cholesterol: 628.72mg (209.57%), Sodium: 1077.98mg (46.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 194.59g (389.17%), Vitamin B3: 94.34mg (471.7%), Selenium: 293.73µg (419.62%), Vitamin B6: 6.81mg (340.65%), Phosphorus: 1956.73mg (195.67%), Vitamin B5: 13.2mg (131.96%), Potassium: 3411.9mg (97.48%), Magnesium: 241.41mg (60.35%), Vitamin B2: 1mg (59.09%), Vitamin B1: 0.61mg (40.48%), Zinc: 5.57mg (37.17%), Vitamin B12: 2.08µg (34.73%), Vitamin K: 27.72µg (26.4%), Vitamin E: 3.02mg (20.16%), Iron: 3.59mg (19.95%), Copper: 0.27mg (13.27%), Vitamin C: 10.86mg (13.16%), Folate: 42.26µg (10.56%), Vitamin D: 1.49µg (9.93%), Manganese: 0.19mg (9.27%), Calcium: 90.42mg (9.04%), Vitamin A:

388.67IU (7.77%)