



## Pecan-Cornmeal Dredge

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 2 cups flour all-purpose
- 1 tablespoon rosemary fresh chopped
- 1 tablespoon kosher salt
- 2 cups pecans coarsely chopped
- 0.5 cup shallots chopped
- 1 cup cornmeal plain yellow

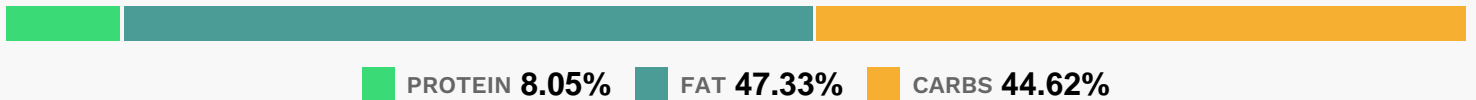
### Equipment

- bowl
- paper towels
- whisk
- wire rack
- dutch oven

## Directions

- Stir together pecans, flour, cornmeal, shallots, kosher salt, rosemary, and black pepper in a large bowl. Store in refrigerator in an airtight container up to 1 week.
- Place Pecan-Cornmeal Dredge in a shallow bowl.
- Whisk together 1 large egg and 1/2 cup milk in another shallow bowl. Dip 16 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. Makes 4 servings Hands-on 35 min., Total 35 min.
- PACKAGE PECAN-CORNMEAL DREDGE IN: Weck Tall 7-oz. Glass Jar (\$50; westelm.com)

## Nutrition Facts



## Properties

Glycemic Index:14.37, Glycemic Load:14.21, Inflammation Score:-3, Nutrition Score:7.4821739326353%

## Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 207.98kcal (10.4%), Fat: 11.27g (17.34%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 20.76g (7.55%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 466.86mg (20.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Manganese: 0.88mg (43.91%), Vitamin B1: 0.26mg (17.57%), Fiber: 3.15g (12.59%), Copper: 0.23mg (11.68%), Folate: 40.15µg (10.04%), Selenium: 6.94µg (9.92%), Iron: 1.58mg (8.77%), Phosphorus: 87.14mg (8.71%), Magnesium: 34.61mg (8.65%), Zinc: 1.14mg (7.59%), Vitamin B3: 1.43mg (7.17%), Vitamin B2: 0.11mg (6.65%), Vitamin B6: 0.13mg (6.42%), Potassium: 140.65mg (4.02%), Vitamin B5: 0.29mg (2.87%), Calcium: 17.53mg (1.75%), Vitamin E: 0.26mg (1.71%)