



Pecan-Crusted Chicken Tenders

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken tenderloins
- ☐ 1 egg white
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons paprika
- ☐ 0.3 cup pecans
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 16 saltines crushed finely

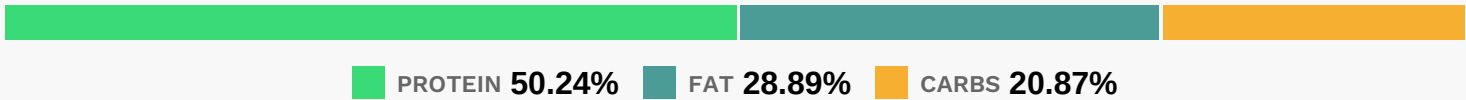
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Stir together crushed crackers and next 4 ingredients.
- ☐ Whisk egg white just until foamy.
- ☐ Place a wire rack coated with cooking spray in a parchment paper-lined 15- x 10-inch jelly-roll pan.
- ☐ Dredge chicken tenders in flour; dip in egg white, and dredge in saltine mixture. Lightly coat chicken on each side with cooking spray; arrange chicken on wire rack.
- ☐ Bake at 425 for 18 to 20 minutes or until golden brown, turning once after 12 minutes.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.2, Inflammation Score:-4, Nutrition Score:10.687391459942%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 161.31kcal (8.07%), Fat: 5.06g (7.79%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.45g (2.71%), Sugar: 0.29g (0.32%), Cholesterol: 54.43mg (18.14%), Sodium: 307.13mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.61%), Vitamin B3: 9.58mg (47.9%), Selenium: 30.06µg (42.95%), Vitamin B6: 0.66mg (33.08%), Phosphorus: 199.84mg (19.98%), Vitamin B5: 1.31mg (13.06%), Manganese: 0.25mg (12.68%), Potassium: 359.87mg (10.28%), Vitamin B1: 0.15mg (9.97%), Vitamin B2: 0.16mg (9.44%), Magnesium: 29.62mg (7.4%), Iron: 1.03mg (5.72%), Vitamin A: 274.26IU (5.49%), Folate: 19.69µg (4.92%), Zinc: 0.73mg (4.85%), Copper: 0.08mg (4.01%), Fiber: 0.78g (3.11%), Vitamin B12: 0.18µg (2.98%), Vitamin E: 0.42mg (2.82%), Vitamin K: 2.42µg (2.3%), Vitamin C: 1.06mg (1.28%), Calcium: 10.2mg (1.02%)