



## Pecan Crusted Chicken Tenders and Salad with Tangy Maple Dressing

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup tangy barbecue sauce
- 1 cup bread crumbs plain
- 1.3 pounds chicken tenderloins
- 2 eggs with 1 tablespoon milk or water beaten
- 1 cup flour all-purpose
- 1 juice of orange juiced
- 0.3 cup maple syrup

- 0.5 teaspoon nutmeg freshly grated
- 0.3 cup olive oil extra-virgin
- 1 orange zest
- 1 cup pecans finely
- 6 radishes thinly sliced
- 3 hearts romaine lettuce chopped
- 6 servings salt and pepper black freshly ground
- 6 scallions trimmed chopped
- 6 servings vegetable oil for frying

## Equipment

- bowl
- paper towels
- whisk

## Directions

- Heat 1 1/2 to 2 inches of oil over medium high heat. Season chicken tenders with salt and pepper. Set out 3 shallow dishes.
- Place flour in 1 dish, eggs beaten with water or milk in a second. In the third dish, combine bread crumbs with ground pecans, nutmeg and orange zest. Coat tenders in batches in flour, then egg, then bread crumb mixture. Fry tenders in small batches 6 to 7 minutes.
- Drain tenders on paper towels.
- Combine maple syrup, barbecue sauce and orange juice in a bowl.
- Whisk in oil and season with salt and pepper.
- Combine romaine, radishes and scallions in a large salad bowl or on a serving platter. Toss with 3/4 of the dressing. Season with salt and pepper, to your taste. Top salad with pecan crusted chicken tenders and drizzle remaining dressing over top.
- Beverage suggestion: serve cran-raspberry apple juice over ice and top with a splash of soda water.

## Nutrition Facts

PROTEIN 20.08% FAT 44.3% CARBS 35.62%

## Properties

Glycemic Index:47.92, Glycemic Load:15.12, Inflammation Score:-9, Nutrition Score:27.390869345354%

## Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## Nutrients (% of daily need)

Calories: 558.25kcal (27.91%), Fat: 27.7g (42.61%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 45.58g (16.57%), Sugar: 16.38g (18.19%), Cholesterol: 64.51mg (21.5%), Sodium: 378.51mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.49%), Manganese: 1.46mg (72.84%), Vitamin B3: 13.45mg (67.25%), Selenium: 44.82µg (64.02%), Vitamin K: 52.22µg (49.73%), Vitamin B6: 0.87mg (43.63%), Vitamin B1: 0.56mg (37.25%), Phosphorus: 327.7mg (32.77%), Vitamin B2: 0.51mg (29.96%), Vitamin A: 1472.24IU (29.44%), Vitamin C: 21.39mg (25.92%), Folate: 101.68µg (25.42%), Potassium: 678.01mg (19.37%), Vitamin B5: 1.9mg (18.97%), Fiber: 4.52g (18.08%), Magnesium: 71.17mg (17.79%), Iron: 3.16mg (17.54%), Copper: 0.34mg (17.17%), Vitamin E: 2.19mg (14.63%), Zinc: 1.97mg (13.15%), Calcium: 99.76mg (9.98%), Vitamin B12: 0.26µg (4.41%)