



Potato Crunchy Tenders

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds chicken tenderloins
- 1 eggs
- 2 teaspoons ground pepper black
- 7.6 ounce garlic potatoes instant mashed flavored
- 1.5 cups milk
- 2 teaspoons salt
- 0.5 cup vegetable oil for frying

Equipment

- bowl
- frying pan
- paper towels

Directions

- Heat the oil in a large skillet over medium heat.
- While the oil is heating, beat the milk and egg together in a bowl. In another bowl, stir together the instant mashed potatoes, salt, and pepper.
- Stir the chicken tenders with the milk mixture to coat thoroughly, then shake off excess milk and dip each tender into the potato flakes.
- Place the breaded tenders into the hot oil, and fry until golden brown, 7 to 10 minutes.
- Remove from oil and drain on paper towels.

Nutrition Facts



PROTEIN 35.93% **FAT 25.25%** **CARBS 38.82%**

Properties

Glycemic Index:11.67, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:20.529565147732%

Nutrients (% of daily need)

Calories: 337.27kcal (16.86%), Fat: 9.39g (14.44%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 29.94g (10.89%), Sugar: 4.17g (4.64%), Cholesterol: 107.17mg (35.72%), Sodium: 977.77mg (42.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.06g (60.13%), Vitamin B3: 14.15mg (70.77%), Selenium: 44.54µg (63.63%), Vitamin B6: 1.17mg (58.48%), Phosphorus: 371.34mg (37.13%), Vitamin C: 30.45mg (36.91%), Vitamin B1: 0.47mg (31.01%), Vitamin B5: 2.71mg (27.12%), Potassium: 924.5mg (26.41%), Vitamin B2: 0.27mg (15.99%), Magnesium: 62.54mg (15.64%), Vitamin K: 11.33µg (10.79%), Vitamin B12: 0.62µg (10.36%), Fiber: 2.54g (10.15%), Calcium: 97.94mg (9.79%), Zinc: 1.26mg (8.42%), Manganese: 0.17mg (8.32%), Vitamin D: 0.93µg (6.21%), Folate: 24.61µg (6.15%), Iron: 1.05mg (5.86%), Copper: 0.1mg (5.19%), Vitamin E: 0.64mg (4.25%), Vitamin A: 180.04IU (3.6%)