



Restaurant-Style Chicken Tenderloins

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast boneless skinless
- 1.5 teaspoons honey
- 1 teaspoon juice of lime fresh
- 0.5 cup salad dressing italian-style

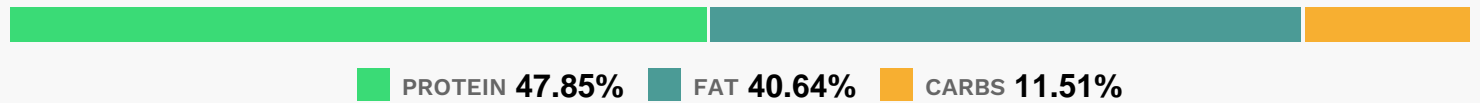
Equipment

- bowl
- frying pan
- baking pan

Directions

- Slice chicken into thin strips. In a small bowl mix together the dressing, lime juice and honey.
- Place chicken strips in a 9x13 inch baking dish and pour mixture over chicken, covering all. Cover dish and refrigerate to marinate for 1 hour.
- Remove chicken from marinade, discarding any remaining marinade.
- Heat oil in a large skillet over medium heat and saute chicken strips until lightly browned and cooked through (juices run clear), 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:11.771304277298%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 208.07kcal (10.4%), Fat: 9.14g (14.06%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.81g (2.11%), Sugar: 5.35g (5.94%), Cholesterol: 72.57mg (24.19%), Sodium: 423.37mg (18.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.42%), Vitamin B3: 11.87mg (59.35%), Selenium: 36.9µg (52.71%), Vitamin B6: 0.87mg (43.46%), Phosphorus: 242.82mg (24.28%), Vitamin B5: 1.62mg (16.19%), Vitamin K: 16.68µg (15.89%), Potassium: 447.08mg (12.77%), Magnesium: 31.1mg (7.78%), Vitamin B2: 0.11mg (6.74%), Vitamin E: 0.86mg (5.74%), Vitamin B1: 0.08mg (5.25%), Zinc: 0.69mg (4.57%), Vitamin B12: 0.23µg (3.78%), Iron: 0.51mg (2.82%), Vitamin C: 1.87mg (2.26%), Copper: 0.04mg (1.87%), Manganese: 0.03mg (1.42%), Folate: 4.71µg (1.18%)