



Sesame Chicken Tenders



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken tenderloins
- ☐ 1 cup coarsely cornflakes crushed
- ☐ 2 large egg whites lightly beaten
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 2 tablespoons sesame seed

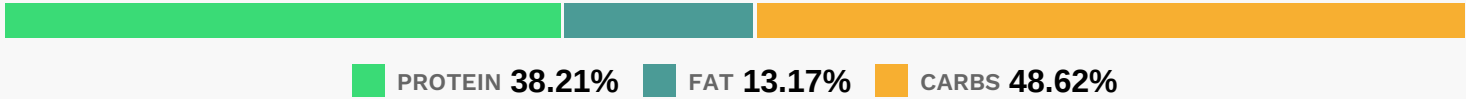
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a medium bowl, stirring with a wire whisk.
- ☐ Combine next 5 ingredients in a small bowl.
- ☐ Dip chicken in egg white mixture, and dredge in cereal mixture.
- ☐ Place chicken on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 23 to 25 minutes or until crispy and golden.
- ☐ Serve with fat-free ranch dressing, spicy mustard, or barbecue sauce, if desired (condiments not included in analysis).

Nutrition Facts



Properties

Glycemic Index:33.57, Glycemic Load:2.44, Inflammation Score:-9, Nutrition Score:38.03913001133%

Nutrients (% of daily need)

Calories: 458.1kcal (22.91%), Fat: 6.72g (10.33%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 55.79g (18.6%), Net Carbohydrates: 53.18g (19.34%), Sugar: 10.13g (11.25%), Cholesterol: 108.86mg (36.29%), Sodium: 1090.07mg (47.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.84g (87.69%), Vitamin B3: 28.65mg (143.25%), Vitamin B6: 2.38mg (119.25%), Iron: 18.51mg (102.86%), Selenium: 64.12µg (91.6%), Vitamin B2: 1.18mg (69.17%), Vitamin B1: 0.94mg (62.53%), Folate: 226.27µg (56.57%), Vitamin B12: 3.31µg (55.21%), Phosphorus: 459.64mg (45.96%), Vitamin B5: 2.63mg (26.3%), Vitamin A: 1231.57IU (24.63%), Potassium: 812.62mg (23.22%), Magnesium: 89.44mg (22.36%), Vitamin C: 14.49mg (17.56%), Copper: 0.34mg (16.97%), Vitamin D: 2.3µg (15.33%), Manganese:

0.28mg (14.18%), Zinc: 1.98mg (13.2%), Fiber: 2.61g (10.44%), Calcium: 55.55mg (5.55%), Vitamin E: 0.51mg (3.41%)