



Spicy Chicken Tenders

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon bell pepper red (add more if you want them really spicy, omit if no spice)
- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon celery salt
- ☐ 2 teaspoons sugar
- ☐ 1 eggs
- ☐ 0.3 cup milk

- ☐ 14 oz chicken tenderloins
- ☐ 2 tablespoons butter melted
- ☐ 1 serving ranch dressing
- ☐ 1 cup frangelico

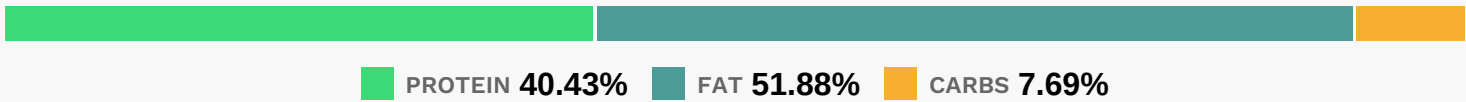
Equipment

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

Directions

- ☐ Heat oven to 450°F. Line cookie sheet with parchment paper.
- ☐ In a pie plate, combine the Bisquick mix, onion powder, red pepper, chili powder, paprika, celery salt and sugar. Stir together until well mixed.
- ☐ In medium bowl, mix egg and milk with whisk until well blended. Spoon 1 to 2 tablespoons egg mixture into the Bisquick mixture; stir until little lumps form.
- ☐ Dip the chicken breast tenders into the egg mixture, then into the Bisquick mixture, then back into the egg mixture and finally back into the Bisquick mixture.
- ☐ Place on cookie sheet. Repeat with remaining chicken.
- ☐ Drizzle butter over chicken.
- ☐ Bake 12 to 14 minutes, turning halfway through bake time, until no longer pink in the center.
- ☐ Serve tenders with ranch dressing if desired.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:6.5986956979917%

Nutrients (% of daily need)

Calories: 117.11kcal (5.86%), Fat: 6.67g (10.26%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.66g (1.85%), Cholesterol: 61.63mg (20.54%), Sodium: 419.88mg (18.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.38%), Vitamin B3: 5.27mg (26.37%), Selenium: 18µg (25.72%), Vitamin B6: 0.41mg (20.27%), Phosphorus: 133.8mg (13.38%), Vitamin A: 475.87IU (9.52%), Vitamin B5: 0.87mg (8.71%), Potassium: 225.3mg (6.44%), Vitamin B2: 0.1mg (5.82%), Vitamin K: 6.1µg (5.81%), Magnesium: 16.32mg (4.08%), Vitamin E: 0.57mg (3.78%), Vitamin B12: 0.2µg (3.36%), Zinc: 0.44mg (2.96%), Vitamin B1: 0.04mg (2.84%), Iron: 0.45mg (2.53%), Calcium: 19.97mg (2%), Vitamin D: 0.25µg (1.65%), Manganese: 0.03mg (1.37%), Folate: 5.44µg (1.36%), Copper: 0.03mg (1.3%), Vitamin C: 1.05mg (1.28%), Fiber: 0.31g (1.22%)