



Sweet and Sour Chicken Tenders



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup chicken broth



10 chicken tenderloins



0.5 cup cider vinegar



0.5 cup cornstarch



1 eggs beaten



1 teaspoon garlic salt



0.3 cup catsup



1 teaspoon salt

- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup sugar white

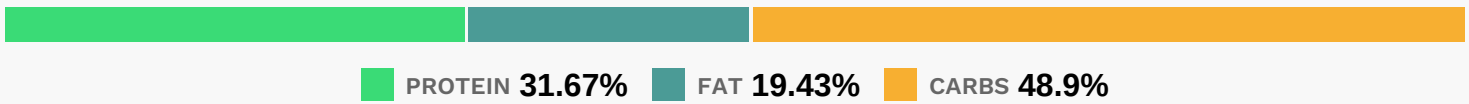
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Pour cornstarch and garlic salt into a large resealable bag.
- ☐ Dip chicken pieces in beaten egg.
- ☐ Remove and drop chicken into cornstarch mixture and seal the bag.
- ☐ Shake the chicken in the bag until all pieces are fully coated.
- ☐ Heat vegetable oil in a skillet over medium heat. Cook and stir chicken in heated oil until browned, about 5 minutes.
- ☐ Stir vinegar, sugar, chicken broth, ketchup, soy sauce, and salt together in a bowl.
- ☐ Arrange the browned chicken in a baking dish; pour the vinegar mixture over the chicken.
- ☐ Bake in preheated oven until chicken is no longer pink in the center and juices run clear, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:17.6, Inflammation Score:-3, Nutrition Score:14.353043509566%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 370.5kcal (18.53%), Fat: 7.82g (12.03%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 44.29g (14.76%),
Net Carbohydrates: 44.06g (16.02%), Sugar: 28.44g (31.61%), Cholesterol: 121.21mg (40.4%), Sodium: 1768.45mg
(76.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.38%), Vitamin B3: 13.47mg (67.35%),
Selenium: 44.21µg (63.15%), Vitamin B6: 0.99mg (49.38%), Phosphorus: 299.09mg (29.91%), Vitamin B5: 1.98mg
(19.75%), Potassium: 555.04mg (15.86%), Vitamin B2: 0.22mg (12.97%), Magnesium: 39.72mg (9.93%), Manganese:
0.15mg (7.64%), Vitamin K: 6.99µg (6.65%), Zinc: 0.95mg (6.33%), Vitamin B1: 0.09mg (6.12%), Vitamin B12: 0.35µg
(5.85%), Vitamin E: 0.86mg (5.71%), Iron: 0.98mg (5.46%), Copper: 0.08mg (3.79%), Vitamin A: 174.14IU (3.48%),
Folate: 12.33µg (3.08%), Vitamin C: 2.12mg (2.56%), Vitamin D: 0.34µg (2.3%), Calcium: 19.53mg (1.95%)