

DINNER

Sweet and Sour Chicken Tenders

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	10 min	45 min	4	\$2.04	371 kcal



Sweet and Sour Chicken Tenders might be a good recipe to expand your main course repertoire. This recipe serves 4 and costs \$2.04 per serving. Watching your figure? This gluten free and dairy free recipe has 371 calories, 29g of protein, and 8g of fat per serving.

Ingredients

☐ ¼ cup chicken broth	☐ 10 chicken tenders
☐ ½ cup cider vinegar	☐ ½ cup cornstarch
☐ 1 egg, beaten	☐ 1 teaspoon garlic salt
☐ ¼ cup ketchup	☐ 1 teaspoon salt
☐ 1 tablespoon soy sauce	☐ 1 tablespoon vegetable oil
☐ ½ cup white sugar	

EQUIPMENT Bowl, Frying pan, Oven, Baking pan

Method

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

Nutrition per serving

371

KCAL

29 g

PROTEIN

8 g

FAT

44 g

CARBS

Saturated Fat

1.6 g · 10% of daily needs

Sugar

28.4 g · 32% of daily needs

Sodium

1,768 mg · 77% of daily needs

Cholesterol

121 mg · 40% of daily needs

Vitamin C

2.1 mg · 3% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/sweet-and-sour-chicken-tenders-148494