



Tony's Chicken Tenders with Honey Mustard Sauce

 Dairy Free  Popular

READY IN



30 min.

SERVINGS



5

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cayenne
- 0.5 cup dijon mustard
- 3 eggs
- 1 cup flour all-purpose
- 1 teaspoon garlic powder
- 0.5 cup honey
- 1 tablespoons juice of lemon

- 1 teaspoon lemon-pepper
- 2 tablespoons mayonnaise
- 2 cups panko bread crumbs
- 5 servings vegetable oil; peanut oil preferred for frying
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 5 servings salt and pepper
- 2 pounds chicken breasts boneless skinless

Equipment

- bowl
- paper towels

Directions

- Watch how to make this recipe.
- Preheat oil to 350 degrees F.
- Cut the chicken breasts into long strips and set aside.
- Beat the 3 eggs in a separate bowl and measure the flour into another separate dish.
- Measure the panko into a pie plate or shallow bowl and season with garlic powder, lemon-pepper, cayenne, salt and pepper.
- Dip the chicken strips into the flour, the beaten egg and then dredge them into the seasoned panko.
- Fry in the hot peanut oil for 6 to 8 minutes, until golden brown, and remove to a paper towel lined sheet tray.
- Serve with Honey Mustard sauce.
- Mix all the ingredients in a small bowl and season with salt and pepper. The sauce can be held in the refrigerator for 1 week.

Nutrition Facts



PROTEIN 31.97% FAT 24.38% CARBS 43.65%

Properties

Glycemic Index:62.05, Glycemic Load:28.58, Inflammation Score:-6, Nutrition Score:28.434782442839%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 616.26kcal (30.81%), Fat: 16.62g (25.57%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 66.97g (22.32%), Net Carbohydrates: 63.81g (23.2%), Sugar: 29.99g (33.32%), Cholesterol: 216.68mg (72.23%), Sodium: 1161.86mg (50.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.04g (98.08%), Selenium: 89.75µg (128.21%), Vitamin B3: 22.22mg (111.12%), Vitamin B6: 1.49mg (74.38%), Phosphorus: 533.57mg (53.36%), Vitamin B1: 0.61mg (40.48%), Vitamin B5: 3.36mg (33.56%), Vitamin B2: 0.56mg (32.76%), Manganese: 0.64mg (32.24%), Potassium: 859.97mg (24.57%), Folate: 94.99µg (23.75%), Iron: 4.12mg (22.87%), Magnesium: 80.83mg (20.21%), Zinc: 2.19mg (14.61%), Fiber: 3.16g (12.65%), Vitamin K: 12.77µg (12.16%), Vitamin B12: 0.69µg (11.48%), Copper: 0.21mg (10.48%), Vitamin E: 1.44mg (9.61%), Calcium: 93.57mg (9.36%), Vitamin A: 304.99IU (6.1%), Vitamin D: 0.72µg (4.8%), Vitamin C: 3.77mg (4.57%)