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Chicken Spicy Tenders (3 Pcs)

Chicken Spicy Tenders are a delicious and flavorful chicken dish. These tenders are coated in a spicy and crispy batter, making them perfect for those who love a little heat. They can be enjoyed as a main course or as a snack. The history of Chicken Spicy Tenders is not known, but they have become a popular dish in many restaurants and homes. They are typically served with a dipping sauce and can be enjoyed with a side of fries or a salad.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 3

Serving Size: 100 g

Ingredients

300 g	chicken breast
100 g	flour
1 pieces	Egg

100 g	breadcrumbs
2 tsp	paprika
1 tsp	cayenne pepper
1 tsp	salt
1 c	vegetable oil

Directions

Step 1

Preheating

Preheat the oven to 200°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the chicken breast into tenders.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix the flour, paprika, cayenne pepper, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In another bowl, beat the egg.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Coating

Dip each chicken tender in the flour mixture, then in the beaten egg, and finally in the breadcrumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Heating

Heat vegetable oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Frying

Fry the chicken tenders in the hot oil until golden brown on both sides.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Oven

Transfer the fried chicken tenders to a baking sheet and bake in the preheated oven for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Serving

Serve hot with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Appetizers

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Ramadan

Easter

Halloween

Cost

Under \$10

\$20 to \$30

\$30 to \$40

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Snack

Lunch

Dinner

Difficulty Level

Easy

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