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## Grilled Chicken Tenders <sup>♦♦</sup>

Grilled chicken tenders are a delicious and healthy option for a main dish. They are made by marinating chicken strips in a flavorful mixture and then grilling them to perfection. This recipe is perfect for a quick and easy weeknight dinner or a summer barbecue. The tender and juicy chicken pairs well with a variety of side dishes and sauces.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	chicken tenders
<b>2 tbsp</b>	olive oil
<b>2 tbsp</b>	lemon juice
<b>2 cloves</b>	garlic

1 tsp	Salt
1 tsp	Black pepper
1 tsp	Paprika
0.5 tsp	Cayenne pepper

## Directions

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### Step 1

#### Mixing

In a bowl, combine olive oil, lemon juice, minced garlic, salt, black pepper, paprika, and cayenne pepper to make the marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Resting

Add the chicken tenders to the marinade and toss to coat. Let the chicken marinate for at least 30 minutes, or up to overnight in the refrigerator.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Preheating

Preheat the grill to medium-high heat. Remove the chicken from the marinade and discard the excess marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Grilling

Grill the chicken tenders for 4-5 minutes per side, or until cooked through and grill marks appear.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Resting

Remove the chicken from the grill and let it rest for a few minutes before serving. Serve hot with your favorite side dishes and sauces.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 8 g

**Protein:** 30 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Events

Barbecue Picnic

### Kitchen Tools

Microwave Blender Oven Grill Slow Cooker

### Course

Salads Main Dishes Sauces & Dressings

### Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium High Vitamin C

### Demographics

Teen Friendly Kids Friendly Pregnancy Safe Lactation Friendly

Diabetic Friendly

### Meal Type

Lunch Supper

### Difficulty Level

Medium

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