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BBQ Chicken Tenders ♦♦

BBQ Chicken Tenders are a delicious and easy-to-make dish that is perfect for any barbecue or gathering. These tender chicken strips are coated in a flavorful BBQ sauce and grilled to perfection. They are great as an appetizer, main dish, or even in sandwiches. Give this recipe a try and impress your friends and family with these mouthwatering BBQ Chicken Tenders.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken tenders
1 c	bbq sauce
1 tsp	Salt
1 tsp	Black pepper

1 tsp	Garlic powder
1 tsp	Paprika
1 tsp	Onion powder

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together salt, black pepper, garlic powder, paprika, and onion powder to make a dry rub.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Seasoning

Season the chicken tenders with the dry rub, making sure to coat them evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Place the seasoned chicken tenders on the preheated grill and cook for 6-8 minutes per side, or until they reach an internal temperature of 165°F (74°C).

Prep Time: 0 mins

Cook Time: 12 mins

Step 5

Grilling

Brush the BBQ sauce onto the chicken tenders during the last 2 minutes of cooking, flipping them once to ensure even coating.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Resting

Remove the chicken tenders from the grill and let them rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the BBQ Chicken Tenders hot with additional BBQ sauce on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 30 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	15 mg	1153.85%	1153.85%
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	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Barbecue

Picnic

Game Day

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Course

Snacks

Main Dishes

Side Dishes

Breads

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cost

\$10 to \$20

Difficulty Level

Easy

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