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Spicy Chicken Tenders ♦♦

Spicy chicken tenders are a delicious and flavorful dish that can be enjoyed as a main course or as a snack. These chicken tenders are coated in a spicy breadcrumb mixture and then baked until crispy and golden brown. They are perfect for any occasion and can be served with your favorite dipping sauce.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken tenders
100 g	breadcrumbs
2 tsp	Paprika
1 tsp	Cayenne pepper
1 tsp	Salt

1 tsp	Black pepper
1 pieces	Egg
30 ml	milk
30 ml	vegetable oil

Directions

Step 1

Preheating

Preheat the oven to 200°C (400°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, beat the egg and milk together.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Coating

Dip each chicken tender into the egg mixture, then coat it with the breadcrumb mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Plating

Place the coated chicken tenders on a baking sheet lined with parchment paper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Drizzling

Drizzle the chicken tenders with vegetable oil.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 20 minutes, or until the chicken is cooked through and the breadcrumbs are golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Serving

Serve the spicy chicken tenders hot with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

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	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	100 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	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
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	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Snack

Lunch

Dinner

Difficulty Level

Easy

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