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Chicken Tenders Breaded ♦♦

Chicken tenders breaded is a delicious and crispy dish made with tender pieces of chicken coated in a flavorful breading mixture. It is a popular dish enjoyed by many people around the world. The chicken tenders are usually served as an appetizer or a main course and can be accompanied by various dipping sauces.

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
50 g	flour
2 pieces	Eggs

1 tsp	salt
1 tsp	pepper
1 tsp	paprika
250 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 shallow bowl, mix the breadcrumbs, flour, salt, pepper, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Beating

In another shallow bowl, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Coating

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Frying

Heat vegetable oil in a large skillet over medium heat. Fry the breaded chicken tenders until golden brown on both sides.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Baking

Transfer the fried chicken tenders to a baking sheet lined with parchment paper. Bake them in the preheated oven for 10 minutes to ensure they are fully cooked.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Serving

Serve the chicken tenders hot with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 16 g

Protein: 24 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	24 g	141.18%	141.18%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
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	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	16 g	57.14%	64%
Cholesterol	130 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%

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	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	2 mg	0.06%	0.08%
Zinc	10 mg	90.91%	125%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Cuisines

Chinese

American

Kitchen Tools

Slow Cooker

Course

Appetizers

Salads

Sauces & Dressings

Cost

Over \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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