

# Buttermilk-Fried Tenders with Sweet & Spicy Sauce

*Dash Magazine*  
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- 1 1/2 pounds chicken tenders
- 1 1/2 cups buttermilk
- 2 teaspoons Kosher salt
- 2 cups all-purpose flour
- 1 teaspoon Kosher salt
- 1 teaspoon pepper
- 1 teaspoon baking powder
- vegetable oil (for frying)
- SAUCE**
- 1 cup chili sauce
- 2 tablespoons molasses
- 1 teaspoon sriracha
- 1/2 teaspoon soy sauce

In a bowl, toss the chicken tenders with the buttermilk and Kosher salt. Cover and refrigerate for at least one hour.

**Make the sauce:** In a shallow dish, mix the flour, salt, pepper and baking powder.

Drain the chicken and pat dry, reserving the buttermilk. Toss the chicken in the flour mixture, dip in the buttermilk and toss again in the flour.

In a deep, wide skillet over medium-high heat, heat one-inch of vegetable oil until shimmering. Add the chicken in batches. Fry, turning occasionally, until browned, 6 to 8 minutes.

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Per Serving (excluding unknown items): 1901 Calories; 11g Fat (5.3% calories from fat); 191g Protein; 256g Carbohydrate; 12g Dietary Fiber; 351mg Cholesterol; 7961mg Sodium. Exchanges: 12 1/2 Grain(Starch); 0 Vegetable; 1 1/2 Non-Fat Milk; 1/2 Fat; 2 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1901	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	5.3%	<b>Vitamin B12 (mcg):</b>	.8mcg
<b>% Calories from Carbohydrates:</b>	54.3%	<b>Thiamin B1 (mg):</b>	2.1mg
<b>% Calories from Protein:</b>	40.4%	<b>Riboflavin B2 (mg):</b>	1.8mg
<b>Total Fat (g):</b>	11g	<b>Folacin (mcg):</b>	433mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	17mg
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	351mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	256g		
<b>Dietary Fiber (g):</b>	12g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	191g	<b>Grain (Starch):</b>	12 1/2
<b>Sodium (mg):</b>	7961mg	<b>Lean Meat:</b>	0
<b>Potassium (mg):</b>	2811mg	<b>Vegetable:</b>	0
<b>Calcium (mg):</b>	841mg	<b>Fruit:</b>	0
		<b>Non-Fat Milk:</b>	1 1/2

**Iron (mg):** 16mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 167mg  
**Vitamin A (i.u.):** 18053IU  
**Vitamin A (r.e.):** 1822 1/2RE

**Fat:** 1/2  
**Other Carbohydrates:** 2 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 1901                      **Calories from Fat:** 101

### % Daily Values\*

<b>Total Fat</b>	11g	17%
Saturated Fat	2g	12%
<b>Cholesterol</b>	351mg	117%
<b>Sodium</b>	7961mg	332%
<b>Total Carbohydrates</b>	256g	85%
Dietary Fiber	12g	47%
<b>Protein</b>	191g	
<b>Vitamin A</b>		361%
<b>Vitamin C</b>		279%
<b>Calcium</b>		84%
<b>Iron</b>		91%

\* Percent Daily Values are based on a 2000 calorie diet.