

# Cornflake-Crusted Tenders with Honey-Mustard Sauce

*Dasb Magazine*  
*www.dashrecipes.com*

## Servings: 4

*5 cups cornflakes, finely crushed*

*1/2 cup mayonnaise*

*1/2 cup water*

*1/2 teaspoon Kosher salt*

*1/2 teaspoon pepper*

*1 1/2 pounds chicken tenders*

## SAUCE

*1/2 cup mayonnaise*

*1/4 cup yellow mustard*

*2 tablespoons honey*

*1 teaspoon lemon juice*

Preheat the oven to 375 degrees.

Crush the cornflakes in a food processor. Place into a shallow dish.

In another shallow dish, mix the mayonnaise, water, Kosher salt and pepper.

Roll the chicken tenders in the cornflakes. Then dip into the mayonnaise mixture. Roll again in the cornflakes, pressing to coat.

Place the chicken on a rack set on a baking sheet.

Bake 35 minutes, until browned.

Prepare the sauce: In a bowl, stir together the mayonnaise, mustard, honey and lemon juice.

Serve.

---

Per Serving (excluding unknown items): 608 Calories; 49g Fat (68.5% calories from fat); 39g Protein; 11g Carbohydrate; trace Dietary Fiber; 104mg Cholesterol; 1036mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):

608

Vitamin B6 (mg):

.3mg

% Calories from Fat:	68.5%
% Calories from Carbohydrates:	7.0%
% Calories from Protein:	24.4%
Total Fat (g):	49g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	104mg
Carbohydrate (g):	11g
Dietary Fiber (g):	trace
Protein (g):	39g
Sodium (mg):	1036mg
Potassium (mg):	49mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	155IU
Vitamin A (r.e.):	31RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

---

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1/2

---

## Nutrition Facts

Servings per Recipe: 4

---

### Amount Per Serving

**Calories** 608 Calories from Fat: 416

---

#### % Daily Values\*

<b>Total Fat</b> 49g	75%
Saturated Fat 7g	33%
<b>Cholesterol</b> 104mg	35%
<b>Sodium</b> 1036mg	43%
<b>Total Carbohydrates</b> 11g	4%
Dietary Fiber trace	2%
<b>Protein</b> 39g	
<hr/>	
<b>Vitamin A</b>	3%
<b>Vitamin C</b>	1%
<b>Calcium</b>	2%
<b>Iron</b>	4%

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