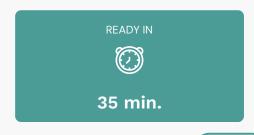
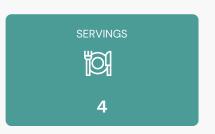


Bacon Cheddar Chicken Fingers

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.5 cup cheddar cheese shredded finely
O.3 cup oz. bacon into pieces cooked (from 3-oz bag)
O.5 teaspoon garlic salt
0.5 teaspoon paprika
3 chicken breast halves boneless skinless
1 eggs slightly beaten
3 tablespoons butter melted

1 tablespoon sauce of the chicken from the turbo broiler

П	0.5 cup mayonnaise	
	0.5 cup ranch dressing	
	2 tablespoons oz. bacon into pieces cooked (from 3-oz bag)	
	0.7 cup frangelico	
Equipment		
	bowl	
	baking sheet	
	oven	
	aluminum foil	
	spatula	
Directions		
	Heat oven to 450°F. Line cookie sheet with foil; spray with cooking spray.	
	Mix Bisquick mix, cheese, bacon, salt and paprika in 1-gallon resealable plastic food-storage bag. Dip half the chicken strips into egg; place in bag of Bisquick mixture. Seal bag; shake to coat.	
	Place chicken on cookie sheet. Repeat with remaining chicken.	
	Drizzle butter over chicken.	
	Bake 12 to 14 minutes, turning after 6 minutes with pancake turner, until no longer pink in center.	
	Meanwhile, in separate small bowls, mix Sriracha Dipping Sauce and Bacon Ranch Dipping Sauce until each is well blended.	
	Serve chicken fingers with dipping sauces.	
Nutrition Facts		
	PROTEIN 18.66% FAT 79.62% CARBS 1.72%	

Properties

Nutrients (% of daily need)

Calories: 603.28kcal (30.16%), Fat: 53.08g (81.67%), Saturated Fat: 12.17g (76.06%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.68g (1.87%), Cholesterol: 143.94mg (47.98%), Sodium: 1476.13mg (64.18%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 28g (55.99%), Vitamin K: 86.58µg (82.46%), Selenium: 36.2µg (51.72%), Vitamin B3: 8.9mg (44.49%), Vitamin B6: 0.68mg (34.04%), Phosphorus: 329.33mg (32.93%), Vitamin B5: 1.74mg (17.37%), Vitamin E: 2.37mg (15.77%), Vitamin A: 754.68IU (15.09%), Vitamin B2: 0.24mg (13.86%), Calcium: 124.8mg (12.48%), Potassium: 374.6mg (10.7%), Vitamin B12: 0.51µg (8.54%), Zinc: 1.26mg (8.38%), Magnesium: 29.72mg (7.43%), Vitamin B1: 0.07mg (4.79%), Iron: 0.73mg (4.07%), Folate: 14.35µg (3.59%), Vitamin D: 0.48µg (3.17%), Copper: 0.05mg (2.42%), Manganese: 0.04mg (1.82%), Vitamin C: 1.04mg (1.26%)