



## Bacon Cheddar Chicken Fingers

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup cheddar cheese shredded finely
- 0.3 cup oz. bacon into pieces cooked (from 3-oz bag)
- 0.5 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

- 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

Glycemic Index:23, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:16.379565382781%

## 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: 0g (100%), Alcohol %: 0% (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%)