



Baked Chicken Tenders

 Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp green onions chopped
- 0.3 tsp ground pepper red (cayenne)
- 2 Tbsp milk
- 2 Tbsp classic ranch dressing kraft
- 6 Tbsp mayo reduced fat mayonnaise light divided kraft
- 1 lb chicken breasts boneless skinless cut lengthwise into 3 strips
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 400F.
- Mix 1/4 cup mayo, milk and pepper.
- Add to chicken in medium bowl; stir until chicken is evenly coated. Refrigerate 30 min. to marinate.
- Pour coating mix onto plate. Dip chicken, 1 strip at a time, in coating mix, turning to evenly coat each strip; place in single layer on baking sheet. Discard marinade.
- Bake chicken 20 min. or until done. Meanwhile, mix remaining mayo, dressing and onions.
- Serve chicken with sauce.

Nutrition Facts

PROTEIN 46.64% **FAT 47.91%** **CARBS 5.45%**

Properties

Glycemic Index:102, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:35.541738953279%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 866.73kcal (43.34%), Fat: 44.79g (68.91%), Saturated Fat: 8.13g (50.82%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 11.25g (4.09%), Sugar: 5.98g (6.64%), Cholesterol: 315.14mg (105.05%), Sodium: 1503.32mg (65.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 98.12g (196.23%), Vitamin B3: 47.43mg (237.13%), Selenium: 149.02µg (212.88%), Vitamin B6: 3.44mg (171.99%), Phosphorus: 1054.04mg (105.4%), Vitamin K: 94.95µg (90.43%), Vitamin B5: 6.87mg (68.67%), Potassium: 1788.63mg (51.1%), Magnesium: 126.2mg (31.55%), Vitamin B2: 0.53mg (31.08%), Vitamin E: 3.54mg (23.59%), Vitamin B1: 0.32mg (21.47%), Zinc: 2.89mg (19.27%), Vitamin B12: 1.12µg (18.67%), Iron: 1.98mg (11%), Vitamin A: 482IU (9.64%), Vitamin C: 6.54mg (7.93%), Calcium: 76.57mg (7.66%),

Copper: 0.15mg (7.47%), Folate: 25.74µg (6.44%), Vitamin D: 0.81µg (5.42%), Manganese: 0.1mg (5.16%)