



Baked Chicken Tenders

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



217 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:25.5, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:12.445217432535%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 216.68kcal (10.83%), Fat: 11.2g (17.23%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.5g (1.66%), Cholesterol: 78.78mg (26.26%), Sodium: 375.83mg (16.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Vitamin B3: 11.86mg (59.28%), Selenium: 37.25µg (53.22%), Vitamin B6: 0.86mg (43%), Phosphorus: 263.51mg (26.35%), Vitamin K: 23.74µg (22.61%), Vitamin B5: 1.72mg (17.17%), Potassium: 447.16mg (12.78%), Magnesium: 31.55mg (7.89%), Vitamin B2: 0.13mg (7.77%), Vitamin E: 0.88mg (5.9%), Vitamin B1: 0.08mg (5.37%), Zinc: 0.72mg (4.82%), Vitamin B12: 0.28µg (4.67%), Iron: 0.5mg (2.75%), Vitamin A: 120.5IU (2.41%), Vitamin C: 1.63mg (1.98%), Calcium: 19.14mg (1.91%), Copper:

0.04mg (1.87%), Folate: 6.44µg (1.61%), Vitamin D: 0.2µg (1.36%), Manganese: 0.03mg (1.29%)