

# Baked Cracker-Crusted Chicken Fingers

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 2 large eggs
- 0.5 teaspoon kosher salt as needed plus more
- 0.3 cup olive oil
- 1 pound chicken breast boneless skinless cut lengthwise into 1/2-inch pieces
- 5 ounces crackers whole-wheat such as wheatsworth crushed finely

## Equipment

- baking sheet

- oven
- wire rack
- kitchen thermometer

## Directions

- Heat the oven to 450°F and arrange a rack in the middle. Set a wire rack on a baking sheet and set it aside. Season the chicken on both sides with salt and pepper; set aside.
- Combine the cracker crumbs, olive oil, and measured salt and pepper in a shallow dish.
- Place the eggs in a second shallow dish and lightly beat with a fork to break them up. Dip the chicken pieces in the eggs, allowing any excess to drip off, then dip them in the cracker mixture, turning and patting to get the crumbs to adhere.
- Place the coated chicken pieces on the prepared rack.
- Bake until the chicken is opaque throughout and registers 165°F on an instant-read thermometer, about 15 minutes.
- Serve with your desired dipping sauce.

## Nutrition Facts

**PROTEIN 28.3%** **FAT 48.96%** **CARBS 22.74%**

## Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:19.899565142134%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 435.99kcal (21.8%), Fat: 23.83g (36.66%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 21.22g (7.72%), Sugar: 0.51g (0.57%), Cholesterol: 165.57mg (55.19%), Sodium: 707.5mg (30.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.97%), Selenium: 47.55µg (67.93%), Vitamin B3: 13.49mg (67.44%), Vitamin B6: 0.96mg (47.89%), Phosphorus: 405.13mg (40.51%), Manganese: 0.8mg (40.17%), Vitamin B5: 2.3mg (22.96%), Vitamin E: 2.92mg (19.49%), Magnesium: 71.69mg (17.92%), Vitamin K: 18.27µg (17.4%), Potassium: 578.19mg (16.52%), Fiber: 3.68g (14.73%), Vitamin B2: 0.24mg (13.84%), Zinc: 1.91mg (12.76%), Iron: 2.13mg (11.84%), Copper: 0.2mg (9.97%), Vitamin B1: 0.15mg (9.81%), Vitamin B12: 0.45µg (7.49%),

Folate: 26.23 $\mu$ g (6.56%), Vitamin D: 0.61 $\mu$ g (4.09%), Vitamin A: 169.7IU (3.39%), Calcium: 33.3mg (3.33%), Vitamin C: 1.36mg (1.65%)