



BBQ Chicken Fingers

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz baby spinach leaves (7 cups)
- 0.5 cup barbecue sauce sugar-free
- 0.5 cup milk colby & monterey jack cheeses shredded 2% kraft
- 0.1 tsp ground pepper red (cayenne)
- 0.3 tsp ground pepper black
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into strips

Equipment

frying pan

oven

Directions

Heat oven to 400F.

Mix Parmesan and seasonings.

Add to chicken; toss to coat.

Place in shallow pan.

Bake 10 to 15 min. or until chicken is done; top with barbecue sauce and cheese.

Bake 5 min. or until cheese is melted.

Serve over spinach.

Nutrition Facts

PROTEIN 43.47% **FAT 32.38%** **CARBS 24.15%**

Properties

Glycemic Index:3.2, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:4.1434782989647%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 38.98kcal (1.95%), Fat: 1.39g (2.13%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.62g (1.8%), Cholesterol: 12.49mg (4.16%), Sodium: 98.99mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Vitamin K: 27.61µg (26.29%), Vitamin A: 579.17IU (11.58%), Vitamin B3: 1.65mg (8.25%), Selenium: 5.57µg (7.96%), Vitamin B6: 0.13mg (6.53%), Phosphorus: 50.87mg (5.09%), Manganese: 0.06mg (3.12%), Calcium: 30.46mg (3.05%), Folate: 12.16µg (3.04%), Potassium: 103.34mg (2.95%), Magnesium: 9.93mg (2.48%), Vitamin B5: 0.23mg (2.35%), Vitamin B2: 0.04mg (2.34%), Vitamin C: 1.81mg (2.19%), Zinc: 0.23mg (1.53%), Iron: 0.26mg (1.46%), Vitamin E: 0.19mg (1.3%), Vitamin B1: 0.02mg (1.05%)