



Buffalo Chicken Fingers with Blue Cheese Dressing

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 2 tablespoons sauce of the chicken from the turbo broiler
- 2 cups breadcrumbs soft (3 slices bread)
- 2 tablespoons parsley
- 1 teaspoon salt
- 0.8 teaspoon onion powder
- 0.5 teaspoon pepper

- 1.5 lb chicken breast uncooked (not breaded)
- 1 serving olive oil cooking spray
- 0.5 cup ranch dressing blue

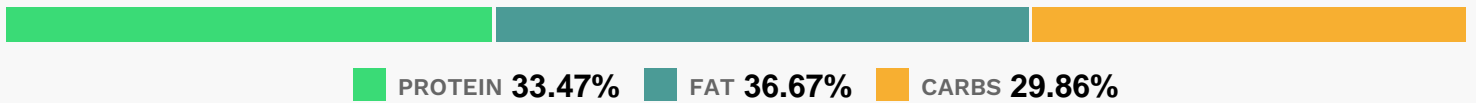
Equipment

- bowl
- oven
- broiler pan

Directions

- Heat oven to 450°F.
- In shallow bowl, slightly beat eggs.
- Add Buffalo wing sauce. In another shallow bowl, mix bread crumbs, parsley flakes, salt, onion powder and pepper. Dip chicken tenders into egg mixture.
- Roll in bread crumb mixture.
- Place on rack in broiler pan. Generously spray chicken on both sides with cooking spray.
- Bake 12 to 16 minutes or until chicken is golden brown and no longer pink in center.
- Serve chicken with blue cheese or ranch dressing.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:15.388260955396%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg

Nutrients (% of daily need)

Calories: 286.35kcal (14.32%), Fat: 11.4g (17.54%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 19.47g (7.08%), Sugar: 2.47g (2.74%), Cholesterol: 99.25mg (33.08%), Sodium: 855.16mg (37.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.82%), Selenium: 38.03µg (54.32%), Vitamin B3: 10.73mg (53.65%), Vitamin B6: 0.7mg (34.95%), Vitamin K: 29.09µg (27.71%), Phosphorus: 275.81mg (27.58%), Vitamin B1: 0.32mg (21.61%), Manganese: 0.34mg (16.92%), Vitamin B5: 1.66mg (16.58%), Vitamin B2: 0.27mg (15.85%), Potassium: 409.36mg (11.7%), Iron: 1.99mg (11.05%), Folate: 39.1µg (9.78%), Magnesium: 38.23mg (9.56%), Zinc: 1.09mg (7.26%), Calcium: 71.18mg (7.12%), Vitamin B12: 0.39µg (6.47%), Fiber: 1.41g (5.63%), Copper: 0.11mg (5.47%), Vitamin E: 0.68mg (4.52%), Vitamin D: 0.32µg (2.13%), Vitamin C: 1.69mg (2.05%), Vitamin A: 100.99IU (2.02%)