



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 cups breadcrumbs soft (3 slices bread)
- 2 tablespoons sauce of the chicken from the turbo broiler
- 1.5 lb chicken breast uncooked (not breaded)
- 2 eggs
- 0.8 teaspoon onion powder
- 2 tablespoons parsley
- 0.5 teaspoon pepper

0.5 cup ranch dressing blue

1 teaspoon salt

Equipment

bowl

oven

broiler pan

Directions

Heat oven to 450F.

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.

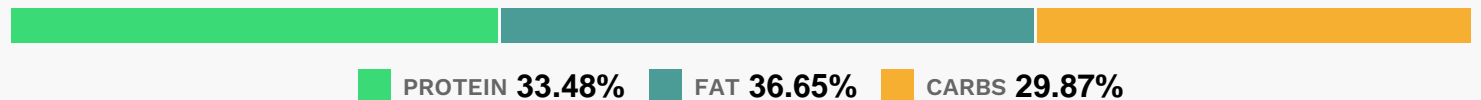
Roll in bread crumb mixture.

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: 286.25kcal (14.31%), Fat: 11.39g (17.52%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 19.47g (7.08%), Sugar: 2.47g (2.74%), Cholesterol: 99.25mg (33.08%), Sodium: 855.15mg (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%)