



Cheddar Chicken Tenders with Wilted Spinach

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz baby spinach
- ☐ 0.8 teaspoon pepper black
- ☐ 3 oz cheddar cheese
- ☐ 1.3 lb chicken tenderloins cooked (not coated or)
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted

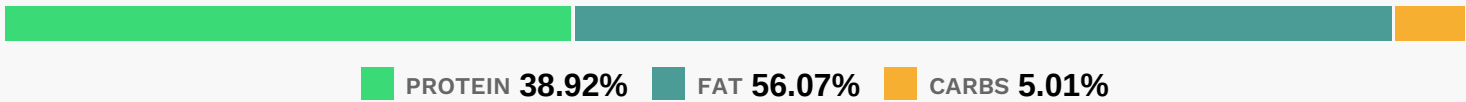
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 475°F.
- ☐ Brush a large shallow baking pan with oil (2 tablespoons).
- ☐ Pulse crackers in a food processor until finely ground, then transfer to a wide shallow bowl and stir in 1/2 teaspoon pepper. Toss tenders with mustard in a large bowl until coated, then dredge, 2 at a time, in cracker crumbs until evenly coated. Arrange tenders in 1 layer, without crowding, in oiled pan.
- ☐ Bake, turning over once, until golden brown, about 15 minutes total.
- ☐ Meanwhile, melt butter in a 5- to 6-quart heavy pot over moderate heat, then cook spinach, covered, turning with tongs, until spinach is just wilted, about 2 minutes. Stir in salt and remaining 1/4 teaspoon pepper, then serve spinach with chicken.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:35.919999827509%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.38mg, Quercetin:

3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 393.57kcal (19.68%), Fat: 24.62g (37.88%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.73g (0.81%), Cholesterol: 127.03mg (42.34%), Sodium: 745.25mg (32.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.46g (76.92%), Vitamin K: 417.21µg (397.34%), Vitamin A: 8422.29IU (168.45%), Selenium: 59.37µg (84.82%), Vitamin B3: 15.53mg (77.67%), Vitamin B6: 1.26mg (62.89%), Phosphorus: 461.41mg (46.14%), Manganese: 0.92mg (46.06%), Folate: 176.86µg (44.21%), Vitamin C: 25.68mg (31.13%), Magnesium: 120.53mg (30.13%), Potassium: 1053.3mg (30.09%), Calcium: 258.18mg (25.82%), Vitamin B2: 0.41mg (24.29%), Vitamin E: 3.4mg (22.68%), Vitamin B5: 2.24mg (22.38%), Iron: 3.27mg (18.17%), Zinc: 2.2mg (14.65%), Vitamin B1: 0.2mg (13.55%), Fiber: 2.86g (11.43%), Copper: 0.18mg (8.87%), Vitamin B12: 0.52µg (8.68%), Vitamin D: 0.37µg (2.5%)