



Cheesy Chicken Strips

READY IN



25 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds chicken breast halves boneless skinless
- 1 cup round buttery crackers crushed
- 2 ounces cheddar cheese shredded finely
- 1 eggs
- 1 serving barbecue sauce

Equipment

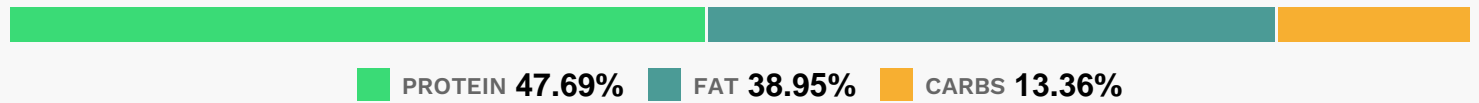
- bowl
- frying pan

- oven
- ziploc bags

Directions

- Heat oven to 400°. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.
- Cut chicken lengthwise into 1/2-inch strips.
- Mix crushed crackers and cheese in large resealable plastic bag. Beat egg in large bowl; add chicken strips to egg and toss to coat.
- Remove chicken from egg, allowing excess to drip off; place chicken in bag of cracker mixture. Seal bag and shake to coat evenly with cracker mixture.
- Place chicken strips in single layer in pan.
- Bake uncovered 10 to 12 minutes or until no longer pink in center.
- Serve with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:17.91826074538%

Nutrients (% of daily need)

Calories: 309.39kcal (15.47%), Fat: 13.02g (20.03%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 9.71g (3.53%), Sugar: 1.39g (1.55%), Cholesterol: 145.81mg (48.6%), Sodium: 407.63mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.87g (71.74%), Vitamin B3: 15.53mg (77.67%), Selenium: 53.44µg (76.34%), Vitamin B6: 1.1mg (54.97%), Phosphorus: 425.37mg (42.54%), Vitamin B5: 2.3mg (23.03%), Vitamin B2: 0.29mg (17.32%), Potassium: 568.99mg (16.26%), Calcium: 136.65mg (13.66%), Magnesium: 44.88mg (11.22%), Vitamin B1: 0.17mg (11.04%), Zinc: 1.58mg (10.51%), Vitamin B12: 0.53µg (8.86%), Iron: 1.41mg (7.84%), Vitamin K: 8.16µg (7.77%), Vitamin E: 1.02mg (6.78%), Folate: 24.62µg (6.16%), Manganese: 0.11mg (5.35%), Vitamin A: 244.52IU (4.89%), Copper: 0.07mg (3.48%), Vitamin D: 0.45µg (2.98%), Vitamin C: 1.7mg (2.06%), Fiber: 0.35g (1.39%)