



Cheesy Chicken Strips

READY IN



25 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

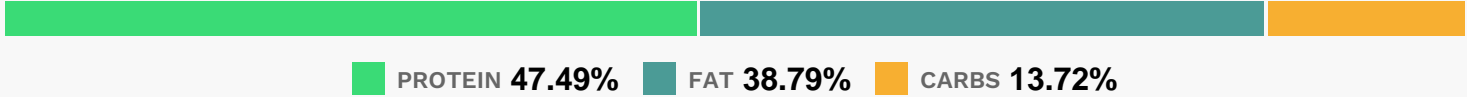
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Heat oven to 40
- ☐ 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:17.939130549845%

Nutrients (% of daily need)

Calories: 310.68kcal (15.53%), Fat: 13.02g (20.04%), Saturated Fat: 4.69g (29.3%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 10.01g (3.64%), Sugar: 1.64g (1.82%), Cholesterol: 145.81mg (48.6%), Sodium: 415.35mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.87g (71.75%), Vitamin B3: 15.54mg (77.69%), Selenium: 53.45µg (76.36%), Vitamin B6: 1.1mg (55%), Phosphorus: 425.52mg (42.55%), Vitamin B5: 2.3mg (23.04%), Vitamin B2: 0.29mg (17.34%), Potassium: 570.73mg (16.31%), Calcium: 136.89mg (13.69%), Magnesium: 44.98mg (11.25%), Vitamin B1: 0.17mg (11.05%), Zinc: 1.58mg (10.52%), Vitamin B12: 0.53µg (8.86%), Iron: 1.42mg (7.87%), Vitamin K: 8.17µg (7.79%), Vitamin E: 1.02mg (6.82%), Folate: 24.64µg (6.16%), Manganese: 0.11mg (5.4%), Vitamin A: 246.2IU (4.92%), Copper: 0.07mg (3.51%), Vitamin D: 0.45µg (2.98%), Vitamin C: 1.71mg (2.07%), Fiber: 0.35g (1.42%)