



Chicken Bites With Creamy Parmesan Dip

READY IN



45 min.

SERVINGS



16

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove minced
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 16 ounce chicken breast halves boneless skinless

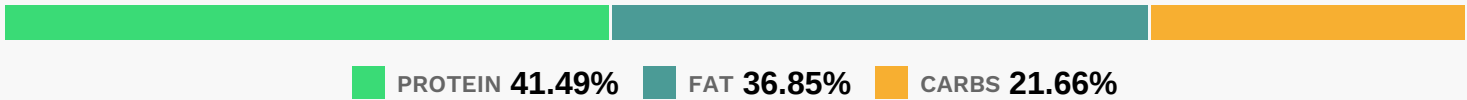
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Cut each chicken breast half into 8 pieces.
- ☐ Combine chicken pieces and 1/3 cup buttermilk in a heavy-duty zip-top plastic bag; seal bag, and marinate in refrigerator 30 minutes.
- ☐ Preheat oven to 42
- ☐ To prepare dip, combine mayonnaise and next 6 ingredients in a small bowl.
- ☐ Remove chicken from bag; discard marinade. Insert a wooden pick into each chicken piece. Dredge chicken in breadcrumbs.
- ☐ Place on a baking sheet coated with cooking spray. Coat breaded chicken with cooking spray.
- ☐ Bake at 425 for 10 minutes.
- ☐ Serve warm with dip.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.2643477916718%

Nutrients (% of daily need)

Calories: 76.57kcal (3.83%), Fat: 3.08g (4.73%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.88g (1.41%), Sugar: 1.01g (1.12%), Cholesterol: 22.31mg (7.44%), Sodium: 208.81mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.59%), Vitamin B3: 3.21mg (16.03%), Selenium: 10.94µg (15.63%), Vitamin B6: 0.23mg (11.4%), Phosphorus: 94.01mg (9.4%), Calcium: 51.19mg (5.12%), Vitamin B5: 0.47mg (4.74%), Vitamin B2: 0.08mg (4.41%), Potassium: 146.63mg (4.19%), Vitamin K: 4.38µg (4.17%), Vitamin B1: 0.06mg

(4.12%), Magnesium: 11.9mg (2.97%), Manganese: 0.05mg (2.37%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.14µg (2.31%), Iron: 0.33mg (1.81%), Folate: 7.07µg (1.77%), Vitamin E: 0.19mg (1.27%), Vitamin A: 54.54IU (1.09%), Copper: 0.02mg (1.06%)