



Chicken-on-a-Stick With Italian Dipping Sauces



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



119 kcal

Ingredients

- ☐ 28 oz pilgrim's pride breaded chicken breast strips
- ☐ 8 servings herb sauce fresh
- ☐ 8 servings garnish: parsley sprigs fresh
- ☐ 8 servings alfredo-artichoke dip
- ☐ 8 servings sun-dried tomato aioli
- ☐ 14 wooden skewers (6-inch)
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Equipment

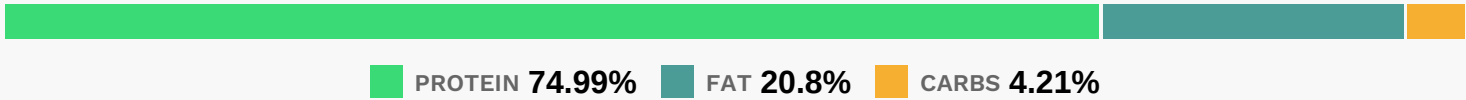
☐

 skewers

Directions

- ☐ Prepare chicken according to package directions. Carefully thread 1 tender onto each skewer.
- ☐ Serve with dipping sauces.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:13.280000093191%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 118.82kcal (5.94%), Fat: 2.63g (4.05%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.65g (0.72%), Cholesterol: 63.5mg (21.17%), Sodium: 131.35mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.73%), Vitamin K: 66.38µg (63.22%), Vitamin B3: 10.5mg (52.51%), Selenium: 31.81µg (45.45%), Vitamin B6: 0.75mg (37.56%), Phosphorus: 215.15mg (21.51%), Vitamin B5: 1.45mg (14.54%), Potassium: 427.29mg (12.21%), Vitamin C: 7.02mg (8.51%), Magnesium: 30.34mg (7.58%), Vitamin A: 375.6IU (7.51%), Vitamin B2: 0.11mg (6.39%), Vitamin B1: 0.07mg (4.86%), Zinc: 0.64mg (4.29%), Iron: 0.72mg (3.99%), Vitamin B12: 0.2µg (3.31%), Folate: 11.41µg (2.85%), Copper: 0.05mg (2.46%), Manganese: 0.04mg (2.12%), Vitamin E: 0.22mg (1.47%), Fiber: 0.31g (1.24%), Calcium: 12.02mg (1.2%)