



Chicken Strips with Blue Cheese Dressing

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon canola oil
- ☐ 1 pound chicken breast tenders
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground pepper red

- ☐ 0.5 teaspoon hot sauce
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt

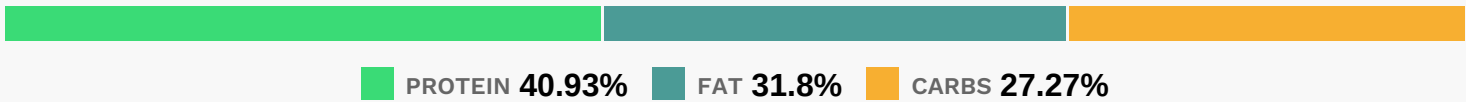
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ To prepare chicken, combine buttermilk and hot sauce in a shallow dish. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt) in a shallow dish. Dip chicken in buttermilk mixture, and dredge chicken in flour mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side or until done.
- ☐ Remove from pan. Set aside, and keep warm.
- ☐ While chicken cooks, prepare the dressing.
- ☐ Combine fat-free mayonnaise and next 5 ingredients (through black pepper) in a small bowl.
- ☐ Serve with chicken strips.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:8.86, Inflammation Score:-5, Nutrition Score:15.904782502548%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 283.43kcal (14.17%), Fat: 9.82g (15.11%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 17.7g (6.44%), Sugar: 4.56g (5.07%), Cholesterol: 81.69mg (27.23%), Sodium: 644.68mg (28.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.44g (56.89%), Vitamin B3: 12.9mg (64.5%), Selenium: 43.53µg (62.19%), Vitamin B6: 0.91mg (45.35%), Phosphorus: 314.96mg (31.5%), Vitamin B5: 1.91mg (19.09%), Vitamin B2: 0.28mg (16.22%), Potassium: 536.83mg (15.34%), Vitamin B1: 0.21mg (14.15%), Vitamin K: 11.15µg (10.62%), Manganese: 0.21mg (10.56%), Magnesium: 40.39mg (10.1%), Folate: 37.7µg (9.42%), Calcium: 87.19mg (8.72%), Iron: 1.37mg (7.59%), Zinc: 1.13mg (7.56%), Vitamin E: 1.03mg (6.9%), Vitamin A: 332.33IU (6.65%), Vitamin B12: 0.38µg (6.32%), Fiber: 1.25g (4.99%), Copper: 0.08mg (3.85%), Vitamin C: 2.64mg (3.2%)