



## Chicken Tenders Dinner

 Dairy Free

READY IN



55 min.

SERVINGS



5

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 oz cream of chicken soup canned
- 14.8 oz corn cream-style canned
- 1 lb savory vegetable frozen with broccoli (or other combination)
- 2.8 oz bread canned
- 0.5 teaspoon lemon pepper
- 2 tablespoons water
- 1.3 lb chicken breast (not breaded)
- 2 tablespoons butter melted

0.8 cup frangelico

## Equipment

frying pan

oven

## Directions

Heat oven to 400°F. In ungreased 13x9-inch pan, mix soup, corn and vegetables.

Bake 10 minutes.

Crush 1/2 cup of the onions. In shallow dish, mix crushed onions, Bisquick mix and lemon-pepper seasoning. In another shallow dish, place water. Dip chicken into water, then coat with Bisquick mixture.

Place chicken on corn mixture.

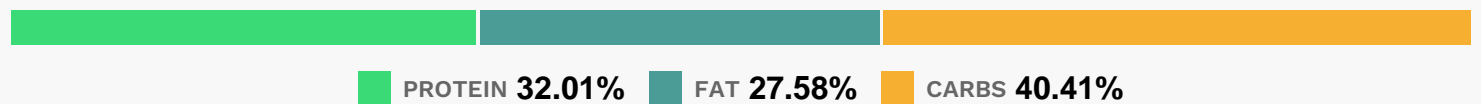
Drizzle melted butter over chicken.

Bake 20 minutes.

Sprinkle with remaining onions.

Bake 10 to 15 minutes longer or until onions are golden and chicken is no longer pink in center.

## Nutrition Facts



## Properties

Glycemic Index:40.1, Glycemic Load:12.11, Inflammation Score:-10, Nutrition Score:24.628695840421%

## Nutrients (% of daily need)

Calories: 386.35kcal (19.32%), Fat: 12.18g (18.73%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 35.1g (12.76%), Sugar: 3.77g (4.18%), Cholesterol: 77.45mg (25.82%), Sodium: 969.06mg (42.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.79g (63.57%), Vitamin A: 5014.93IU (100.3%), Vitamin B3: 14.77mg (73.87%), Selenium: 42.69µg (60.99%), Vitamin B6: 1.01mg (50.36%), Phosphorus: 371.48mg (37.15%), Manganese: 0.45mg (22.27%), Potassium: 777.41mg (22.21%), Folate: 87.64µg (21.91%), Vitamin B1: 0.32mg (21.65%), Vitamin B5: 2.09mg (20.92%), Fiber: 5.03g (20.13%), Vitamin B2: 0.33mg (19.59%), Magnesium: 73.56mg (18.39%), Vitamin C: 14.3mg (17.33%), Iron: 2.89mg (16.03%), Copper: 0.26mg (13.21%), Zinc: 1.85mg (12.36%), Vitamin E: 0.81mg (5.41%), Calcium: 50.39mg (5.04%), Vitamin B12: 0.23µg (3.87%), Vitamin K: 3.16µg (3.01%)