



## Cornmeal-Coated Chicken Bites

 Gluten Free

READY IN



35 min.

SERVINGS



48

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup cornmeal
- 1 teaspoon lawry's seasoned salt
- 0.3 cup milk
- 1 eggs
- 4 chicken breast boneless skinless cut into 1-inch pieces
- 0.3 cup butter melted
- 1 cup barbecue sauce
- 1 cup frangelico

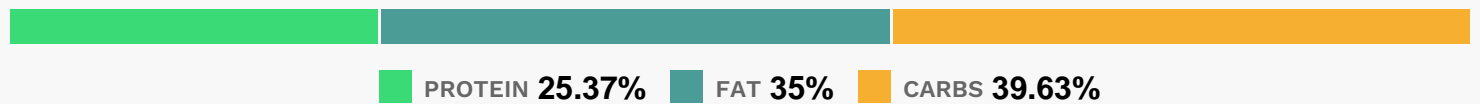
## Equipment

- bowl
- frying pan
- oven
- ziploc bags

## Directions

- Heat oven to 425°F. In resealable 1-gallon food-storage plastic bag, place Bisquick mix, cornmeal and seasoned salt.
- In medium bowl, beat milk and egg until blended. Dip chicken pieces in milk mixture, then shake about 6 pieces at a time in bag of Bisquick mixture.
- In 15x10x1-inch pan, pour 2 tablespoons of the melted butter. Arrange coated chicken pieces in pan.
- Drizzle remaining 2 tablespoons melted butter over chicken pieces.
- Bake 12 minutes. Turn chicken pieces over.
- Bake 7 to 8 minutes longer or until chicken pieces are golden brown.
- Serve with barbecue sauce.

## Nutrition Facts



## Properties

Glycemic Index:2.22, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:1.4139130413532%

## Nutrients (% of daily need)

Calories: 37.92kcal (1.9%), Fat: 1.46g (2.24%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.51g (1.27%), Sugar: 2.07g (2.3%), Cholesterol: 9.59mg (3.2%), Sodium: 133.74mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin B3: 1.06mg (5.3%), Selenium: 3.5µg (4.99%), Vitamin B6: 0.09mg (4.36%), Phosphorus: 28.06mg (2.81%), Vitamin B5: 0.17mg (1.74%), Potassium: 57.68mg (1.65%), Magnesium: 5.29mg (1.32%), Vitamin A: 65.47IU (1.31%), Vitamin B2: 0.02mg (1.22%)