



## Crispy Baked Chicken Strips



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 eggs beaten
- ☐ 0.3 cup flour
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon onion powder
- ☐ 6 servings salt and pepper
- ☐ 4 chicken breasts boneless skinless cut into 1-inch strips

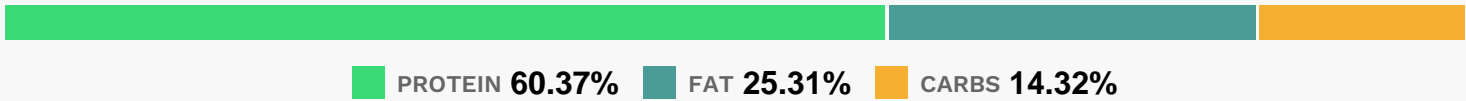
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ lace the chicken in a bowl, add the onion powder, garlic powder, cumin, salt and pepper. Cover and refrigerate for 30 minutes.Adjust an oven rack to the middle position and preheat the oven to 400° F.
- ☐ Place an oven-safe baking rack on a baking sheet.
- ☐ Place the flour, eggs and bread crumbs in separate plates. Dip the chicken pieces in the flour, then the egg, then the bread crumbs, shaking off excess in between each step.
- ☐ Place the coated chicken strips on the prepared baking rack.
- ☐ Bake 15-20 minutes, or until the chicken is cooked through.
- ☐ Serve with your choice of dipping sauces and bake potato strips.

## Nutrition Facts



## Properties

Glycemic Index:14.17, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:9.2417389763438%

## Nutrients (% of daily need)

Calories: 127.42kcal (6.37%), Fat: 3.44g (5.29%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.18g (1.52%), Sugar: 0.09g (0.1%), Cholesterol: 102.77mg (34.26%), Sodium: 302.58mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.89%), Selenium: 30.44µg (43.48%), Vitamin B3: 8.18mg (40.92%), Vitamin B6: 0.6mg (29.77%), Phosphorus: 194.75mg (19.48%), Vitamin B5: 1.32mg (13.23%), Vitamin B2: 0.17mg (9.94%), Potassium: 310.7mg (8.88%), Vitamin B1: 0.1mg (6.49%), Magnesium: 23.39mg (5.85%), Iron: 0.9mg (5.02%), Folate: 19.62µg (4.9%), Vitamin B12: 0.28µg (4.69%), Zinc: 0.68mg (4.54%), Manganese: 0.06mg (3.02%), Vitamin D: 0.37µg (2.46%), Copper: 0.04mg (2.08%), Vitamin A: 103.92IU (2.08%), Vitamin E: 0.31mg (2.05%), Calcium: 15.17mg (1.52%), Vitamin C: 0.96mg (1.16%)