



## Crunchy Chicken Dippers

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup original barbecue sauce kraft
- 2 eggs
- 4.5 cups honey-flavored multi-grain cereal flakes with oat clusters, finely crushed
- 2 lb chicken breasts boneless skinless cut into 1-inch wide strips

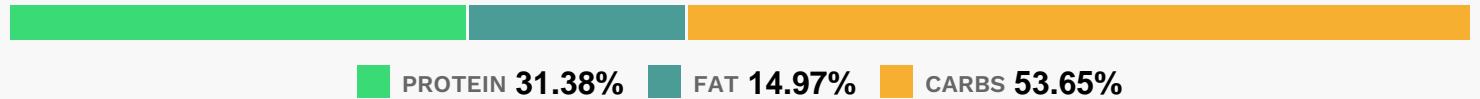
### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 375F. Beat eggs lightly in shallow dish or pie plate. Dip chicken in eggs, turning over to evenly coat both sides of each strip. Coat chicken evenly with cereal.
- Place in two 15x10x1-inch baking pans sprayed with cooking spray.
- Bake 25 min. or until chicken is cooked through.
- Serve as dippers with the barbecue sauce.

## Nutrition Facts



## Properties

Glycemic Index:8.71, Glycemic Load:34.41, Inflammation Score:-6, Nutrition Score:31.481304070224%

## Nutrients (% of daily need)

Calories: 544.52kcal (27.23%), Fat: 8.93g (13.74%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 72.02g (24.01%), Net Carbohydrates: 63.72g (23.17%), Sugar: 17.78g (19.75%), Cholesterol: 113.49mg (37.83%), Sodium: 1114.25mg (48.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.12g (84.25%), Manganese: 2.91mg (145.32%), Selenium: 74.46µg (106.38%), Vitamin B3: 17.94mg (89.72%), Vitamin B6: 1.18mg (59.12%), Phosphorus: 549.2mg (54.92%), Vitamin B1: 0.61mg (40.37%), Magnesium: 137.92mg (34.48%), Fiber: 8.31g (33.23%), Vitamin B5: 2.76mg (27.56%), Potassium: 850.39mg (24.3%), Calcium: 240.55mg (24.05%), Vitamin B2: 0.4mg (23.8%), Iron: 4.25mg (23.6%), Zinc: 3.2mg (21.35%), Copper: 0.37mg (18.25%), Folate: 66.31µg (16.58%), Vitamin K: 11.28µg (10.75%), Vitamin E: 1.34mg (8.9%), Vitamin B12: 0.32µg (5.41%), Vitamin A: 177.49IU (3.55%), Vitamin D: 0.33µg (2.22%), Vitamin C: 1.58mg (1.91%)