



Crunchy Pecan-Crusted Chicken Fingers

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons paprika
- ☐ 0.3 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 16 saltines
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into uniform strips

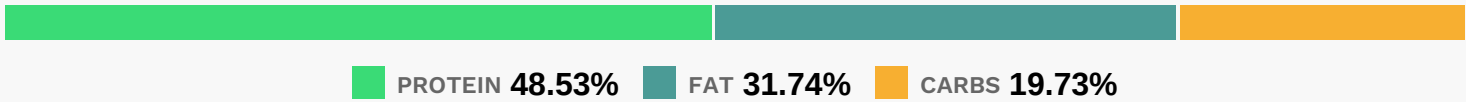
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425F. Mist a wire rack with cooking spray and place on top of a foil-lined broiler pan.
- ☐ Combine saltines, pecans, salt and paprika in bowl of a food processor and pulse to finely grind and mix.
- ☐ Transfer to a shallow bowl.
- ☐ Place flour in a second shallow bowl. Lightly beat together egg and 1 Tbsp. water in a third shallow bowl.
- ☐ Coat each chicken strip in flour, dip in egg and dredge in cracker mixture. Arrange chicken on rack and bake until golden brown, 18 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:4.37, Inflammation Score:-6, Nutrition Score:22.306521643763%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 340.28kcal (17.01%), Fat: 11.74g (18.06%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 14.87g (5.41%), Sugar: 0.6g (0.66%), Cholesterol: 155.36mg (51.79%), Sodium: 910.19mg

(39.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.79%), Vitamin B3: 19.16mg (95.82%), Selenium: 62.48µg (89.25%), Vitamin B6: 1.34mg (67.24%), Phosphorus: 424.64mg (42.46%), Vitamin B5: 2.79mg (27.91%), Manganese: 0.51mg (25.34%), Potassium: 724.06mg (20.69%), Vitamin B1: 0.31mg (20.51%), Vitamin B2: 0.35mg (20.32%), Magnesium: 60.24mg (15.06%), Iron: 2.27mg (12.6%), Vitamin A: 615IU (12.3%), Folate: 45.04µg (11.26%), Zinc: 1.64mg (10.92%), Copper: 0.17mg (8.61%), Vitamin B12: 0.46µg (7.7%), Vitamin E: 0.98mg (6.56%), Fiber: 1.55g (6.2%), Vitamin K: 4.49µg (4.28%), Vitamin D: 0.42µg (2.8%), Calcium: 26.38mg (2.64%), Vitamin C: 2.13mg (2.58%)