



Double Cheese Chicken Fingers

READY IN



30 min.

SERVINGS



12

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup seasoned bread crumbs whole wheat dry
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup round buttery crackers crushed
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup egg whites (from 3 eggs)
- ☐ 2 lb chicken tenderloins
- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup frangelico

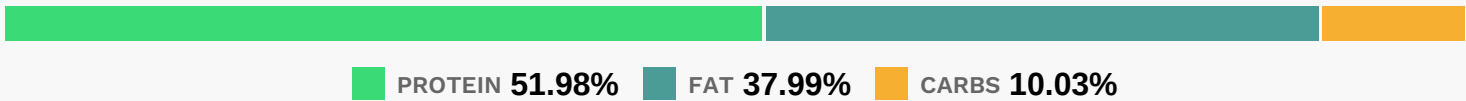
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 450°F. Spray cookie sheet with nonstick cooking spray.
- ☐ In a resealable plastic bag, mix Bisquick mix, breadcrumbs, cheese, cheese crackers, garlic salt and oregano leaves.
- ☐ In shallow dish, beat egg whites slightly. Dip the chicken tenders in egg whites; place in bag with Bisquick mixture. Seal the bag and shake to coat.
- ☐ Place chicken tenders on the cookie sheet; drizzle butter over chicken.
- ☐ Bake 15 minutes.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.584782678148%

Nutrients (% of daily need)

Calories: 142.77kcal (7.14%), Fat: 5.85g (8.99%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.35g (0.38%), Cholesterol: 50.23mg (16.74%), Sodium: 320.84mg (13.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18g (36%), Vitamin B3: 8.16mg (40.82%), Selenium: 27.16µg (38.79%), Vitamin B6: 0.58mg (28.79%), Phosphorus: 183.22mg (18.32%), Vitamin B5: 1.13mg (11.26%), Potassium: 306.28mg (8.75%), Vitamin B2: 0.13mg (7.72%), Vitamin B1: 0.09mg (5.82%), Magnesium: 23.23mg (5.81%), Zinc: 0.59mg (3.92%), Vitamin A: 173.75IU (3.47%), Vitamin B12: 0.2µg (3.34%), Calcium: 33.1mg (3.31%), Iron: 0.55mg (3.03%), Manganese: 0.06mg (2.89%), Vitamin K: 2.86µg (2.73%), Vitamin E: 0.33mg (2.2%), Folate: 8.52µg (2.13%), Copper: 0.03mg (1.65%), Vitamin C: 1.01mg (1.22%)