



Easy Chicken Fingers with Parmesan

 Gluten Free

READY IN



24 min.

SERVINGS



24

CALORIES



138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 0.3 cup parmesan cheese grated kraft
- 2 lb chicken breasts boneless skinless cut into 1-inch-wide strips
- 1 pkt. shake 'n bake chicken coating mix

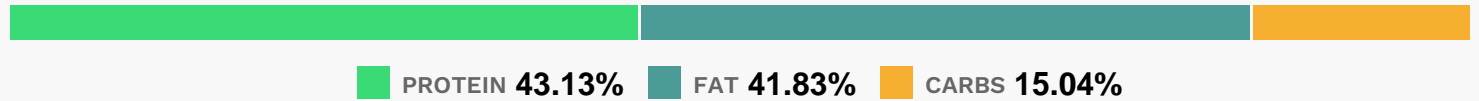
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Add cheese to coating mix in shaker bag. Moisten chicken with water; gently shake off excess water.
- Add 2 or 3 chicken strips to shaker bag; close bag and shake gently until evenly coated.
- Place in single layer on baking sheet sprayed with cooking spray. Repeat with remaining chicken. Discard any remaining coating mixture.
- Bake 12 to 14 min. or until chicken is done.
- Serve with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.140869570815%

Nutrients (% of daily need)

Calories: 137.68kcal (6.88%), Fat: 6.22g (9.57%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.96g (4.4%), Cholesterol: 49.2mg (16.4%), Sodium: 213.11mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.87%), Vitamin B3: 6.17mg (30.87%), Selenium: 17.31µg (24.72%), Vitamin B6: 0.4mg (20.21%), Phosphorus: 137.23mg (13.72%), Vitamin B5: 0.85mg (8.52%), Potassium: 230.05mg (6.57%), Vitamin B2: 0.09mg (5.14%), Zinc: 0.72mg (4.77%), Magnesium: 18.21mg (4.55%), Vitamin B12: 0.19µg (3.21%), Vitamin B1: 0.05mg (3.09%), Iron: 0.51mg (2.82%), Calcium: 21.59mg (2.16%), Vitamin A: 94.48IU (1.89%), Vitamin E: 0.27mg (1.8%), Copper: 0.03mg (1.73%), Manganese: 0.03mg (1.39%), Vitamin C: 1.03mg (1.25%)