



Easy Parmesan Chicken Fingers and Parmesan Chicken Wraps

READY IN



24 min.

SERVINGS



24

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 1 Tbsp original barbecue sauce kraft
- 24 servings base recipe
- 2 cups broccoli florets
- 7.3 oz macaroni & cheese dinner kraft
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup pepper strips red
- 2 Tbsp lite ranch dressing kraft

- 0.8 cup torn romaine lettuce
- 1.5 lb chicken breasts boneless skinless cut into strips
- 2 8-inch tortillas whole wheat ()
- 24 servings adult variation
- 24 servings kid variation
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
- 24 servings adult variation
- 24 servings kid variation
- 1 pkt. shake 'n bake extra seasoned coating mix crispy

Equipment

- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 400F.
- Add cheese to coating mix in shaker bag. Moisten chicken with water; gently shake off excess.
- Add 2 or 3 chicken tenders to shaker bag; shake until evenly coated.
- Place on baking sheet sprayed with cooking spray. Repeat with remaining chicken. Discard shaker bag and any remaining coating mixture.
- Bake 12 to 14 min. or until chicken is done.
- Meanwhile, prepare Dinner in large saucepan as directed on package, using the Light Prep directions and adding broccoli to the boiling water for the last 3 min.
- Serve Dinner with 2/3 of the chicken and barbecue sauce for dipping. Makes 4 kid servings.
- Place 1/3 of the chicken strips evenly on tortillas; top with lettuce and peppers.
- Drizzle with combined dressing and barbecue sauce; roll up. Makes 2 adult servings.

Nutrition Facts



■ PROTEIN 35.85% ■ FAT 28.39% ■ CARBS 35.76%

Properties

Glycemic Index:5.33, Glycemic Load:2.69, Inflammation Score:-3, Nutrition Score:5.3730434872534%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 93.46kcal (4.67%), Fat: 2.92g (4.49%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 7.73g (2.81%), Sugar: 1.85g (2.06%), Cholesterol: 19.72mg (6.57%), Sodium: 435.51mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.6%), Vitamin B3: 3.1mg (15.49%), Selenium: 10.12µg (14.46%), Vitamin C: 11.16mg (13.53%), Vitamin B6: 0.24mg (12.1%), Phosphorus: 113.39mg (11.34%), Vitamin K: 11.21µg (10.68%), Vitamin A: 301.63IU (6.03%), Potassium: 171.85mg (4.91%), Vitamin B5: 0.48mg (4.83%), Calcium: 38.47mg (3.85%), Manganese: 0.08mg (3.82%), Magnesium: 13.98mg (3.5%), Vitamin B2: 0.05mg (3.01%), Iron: 0.5mg (2.78%), Zinc: 0.39mg (2.59%), Folate: 9.86µg (2.47%), Fiber: 0.55g (2.19%), Vitamin B1: 0.03mg (1.98%), Vitamin E: 0.23mg (1.52%), Vitamin B12: 0.09µg (1.46%)