



## Extra Cheddar Chicken Tenders

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 carrots cut into sticks
- 1 lb chicken tenderloins
- 1 cup colby & monterey jack cheeses shredded kraft finely
- 1 cucumber cut into sticks
- 0.5 cup classic ranch dressing kraft
- 2 Tbsp oscar mayer real bacon bits
- 1 bell pepper red cut into strips
- 1 pkt. shake n bake seasoned panko seasoned coating mix

0.3 tsp paprika smoked

## Equipment

bowl

baking sheet

oven

## Directions

Heat oven to 375F.

Spray baking sheet with cooking spray.

Combine coating mix, bacon and paprika in medium bowl; stir in cheese.

Moisten chicken with water; lightly press cheese mixture onto both sides of chicken. (Chicken will not be completely coated.)

Place on prepared baking sheet; top with remaining cheese mixture.

Bake 15 min. or until chicken is done.

Serve with vegetable dippers and dressing.

## Nutrition Facts



## Properties

Glycemic Index:27.21, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:25.228695817616%

## Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 424.13kcal (21.21%), Fat: 27.89g (42.91%), Saturated Fat: 9.93g (62.08%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 5.94g (2.16%), Sugar: 4.6g (5.11%), Cholesterol: 116.73mg (38.91%), Sodium: 816.35mg (35.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Vitamin A: 3968.14IU (79.36%), Vitamin B3: 12.36mg (61.78%), Selenium: 42.25µg (60.36%), Vitamin C: 42.74mg (51.81%), Vitamin B6: 1.03mg (51.65%), Vitamin

K: 50.29µg (47.89%), Phosphorus: 473.96mg (47.4%), Calcium: 258.08mg (25.81%), Vitamin B5: 2.24mg (22.44%), Potassium: 697.13mg (19.92%), Vitamin B2: 0.32mg (18.69%), Magnesium: 54.19mg (13.55%), Zinc: 1.97mg (13.11%), Vitamin E: 1.6mg (10.69%), Folate: 38.82µg (9.7%), Vitamin B12: 0.55µg (9.19%), Vitamin B1: 0.13mg (8.79%), Manganese: 0.15mg (7.28%), Fiber: 1.62g (6.48%), Iron: 1.13mg (6.26%), Copper: 0.12mg (5.82%), Vitamin D: 0.34µg (2.28%)