



## Gluten-Free Ultimate Chicken Fingers

READY IN



25 min.

SERVINGS



5

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup pancake mix gluten free
- 0.5 cup parmesan gluten-free grated
- 1 teaspoon paprika
- 0.5 teaspoon garlic salt
- 1 lb chicken breast boneless skinless
- 2 eggs slightly beaten
- 3 tablespoons butter melted

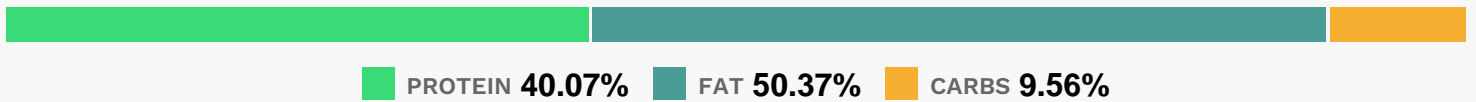
### Equipment

- baking sheet
- oven
- baking pan
- aluminum foil

## Directions

- Heat oven to 450°F. Line cookie sheet with foil; spray with cooking spray.
- Stir Bisquick™ mix, cheese, paprika and salt in shallow baking dish. Dip chicken strips into eggs, then coat with Bisquick™ mixture; repeat dipping in eggs and Bisquick™ mixture.
- Place chicken on cookie sheet.
- Drizzle butter over chicken.
- Bake 12 to 14 minutes, turning after 6 minutes, until no longer pink in center.

## Nutrition Facts



## Properties

Glycemic Index: 8.4, Glycemic Load: 0.1, Inflammation Score: -5, Nutrition Score: 13.796521650708%

## Nutrients (% of daily need)

Calories: 271.82kcal (13.59%), Fat: 14.92g (22.96%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.87g (2.13%), Sugar: 0.19g (0.21%), Cholesterol: 144.18mg (48.06%), Sodium: 700.93mg (30.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.71g (53.41%), Selenium: 38.62µg (55.17%), Vitamin B3: 9.78mg (48.92%), Vitamin B6: 0.75mg (37.41%), Phosphorus: 358.98mg (35.9%), Calcium: 178.3mg (17.83%), Vitamin B5: 1.72mg (17.24%), Vitamin B2: 0.27mg (16.06%), Vitamin A: 746.59IU (14.93%), Potassium: 420.65mg (12.02%), Vitamin B12: 0.53µg (8.88%), Magnesium: 35.36mg (8.84%), Zinc: 1.19mg (7.95%), Vitamin B1: 0.11mg (7.36%), Iron: 1.07mg (5.92%), Vitamin E: 0.76mg (5.04%), Folate: 19.9µg (4.98%), Vitamin D: 0.49µg (3.28%), Manganese: 0.05mg (2.74%), Copper: 0.05mg (2.63%), Fiber: 0.51g (2.04%), Vitamin C: 1.23mg (1.49%)