



## Golden Chicken Tenders

READY IN



45 min.

SERVINGS



2

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter melted
- 9 ounce chicken tenderloins
- 0.5 cup bread stuffing mix dry crushed finely

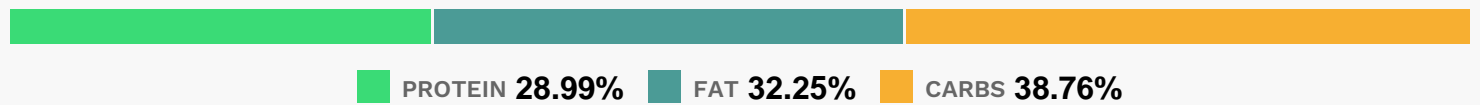
### Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Line a 9x13 inch baking dish with foil. Rinse and pat dry the chicken and place in the baking dish.
- Combine the stuffing mix with the melted butter or margarine.
- Place stuffing mixture on top of the chicken tenders.
- Bake in the preheated oven for 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:21.219130650811%

## Nutrients (% of daily need)

Calories: 474.12kcal (23.71%), Fat: 16.67g (25.64%), Saturated Fat: 8.42g (52.62%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 43.19g (15.7%), Sugar: 4.9g (5.44%), Cholesterol: 112.34mg (37.45%), Sodium: 1069.02mg (46.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.42%), Selenium: 69.35µg (99.08%), Vitamin B3: 16.72mg (83.61%), Vitamin B6: 1.05mg (52.29%), Phosphorus: 354.66mg (35.47%), Vitamin B1: 0.43mg (28.99%), Folate: 104.89µg (26.22%), Vitamin B2: 0.37mg (21.84%), Vitamin B5: 2.07mg (20.69%), Manganese: 0.37mg (18.52%), Potassium: 620.88mg (17.74%), Iron: 2.73mg (15.16%), Magnesium: 57.11mg (14.28%), Copper: 0.18mg (8.76%), Zinc: 1.3mg (8.68%), Vitamin A: 389.31IU (7.79%), Fiber: 1.89g (7.57%), Calcium: 67.11mg (6.71%), Vitamin E: 0.79mg (5.28%), Vitamin B12: 0.29µg (4.85%), Vitamin C: 1.53mg (1.86%), Vitamin K: 1.89µg (1.8%)