



Grain-Free Chicken Tenders



Gluten Free

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READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almond flour
- ☐ 0.5 cup butter melted
- ☐ 0.5 teaspoon basil dried to taste
- ☐ 0.5 teaspoon thyme leaves dried to taste
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 cup parmesan cheese finely grated
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into strips

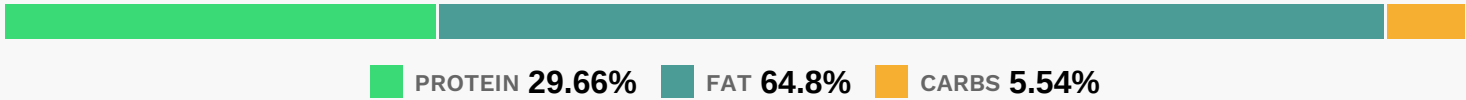
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.
- ☐ Mix almond flour, Parmesan cheese, basil, thyme, salt, and pepper together in a bowl.
- ☐ Dip chicken strips in the melted butter; press strips into almond flour mixture until completely coated.
- ☐ Transfer coated strips to the prepared baking sheet.
- ☐ Bake in the preheated oven on the middle rack until strips are golden brown and no longer pink in the center, at least 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:14.729130335476%

Nutrients (% of daily need)

Calories: 441.21kcal (22.06%), Fat: 32.2g (49.54%), Saturated Fat: 13.61g (85.05%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 4.13g (1.5%), Sugar: 0.68g (0.76%), Cholesterol: 127.75mg (42.58%), Sodium: 544.97mg (23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.33%), Selenium: 42.32µg (60.46%), Vitamin B3: 11.86mg (59.29%), Vitamin B6: 0.87mg (43.26%), Phosphorus: 348.9mg (34.89%), Calcium: 200.63mg (20.06%), Vitamin B5: 1.69mg (16.93%), Potassium: 458.98mg (13.11%), Vitamin A: 655.25IU (13.1%), Vitamin B2: 0.18mg (10.52%), Zinc: 1.41mg (9.39%), Magnesium: 36.64mg (9.16%), Fiber: 2.07g (8.26%), Vitamin B12: 0.48µg (8.07%), Iron: 1.39mg (7.73%), Vitamin B1: 0.08mg (5.24%), Vitamin E: 0.76mg (5.04%), Vitamin K: 4.86µg (4.62%), Manganese: 0.06mg (2.93%), Copper: 0.04mg (2.05%), Vitamin C: 1.4mg (1.7%), Folate: 6.61µg (1.65%), Vitamin D: 0.2µg (1.31%)