



Italian Chicken Fingers

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



40 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz chicken breast uncooked (not breaded)
- 1 eggs beaten
- 1 teaspoon seasoning italian
- 3 tablespoons butter melted
- 1 cup pasta sauce
- 1.3 cups frangelico

Equipment

- bowl

- frying pan
- oven
- ziploc bags

Directions

- Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray. In medium bowl, toss chicken and egg.
- In resealable food-storage plastic bag, place Bisquick mix and Italian seasoning; seal bag and shake to mix.
- Add chicken; seal bag and shake to coat chicken with Bisquick mixture.
- Place chicken in single layer in pan.
- Drizzle with butter.
- Bake uncovered 14 to 16 minutes, turning chicken after 6 minutes, until chicken is brown and crisp on the outside and no longer pink in center.
- Serve with pasta sauce for dipping.

Nutrition Facts

PROTEIN 42.63% **FAT 50.47%** **CARBS 6.9%**

Properties

Glycemic Index:12.5, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:13.600000205247%

Nutrients (% of daily need)

Calories: 220.36kcal (11.02%), Fat: 12.27g (18.88%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.64g (0.96%), Sugar: 2.24g (2.49%), Cholesterol: 104.42mg (34.81%), Sodium: 520.18mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.65%), Vitamin B3: 10.99mg (54.95%), Selenium: 35.52µg (50.74%), Vitamin B6: 0.83mg (41.4%), Phosphorus: 249.84mg (24.98%), Vitamin B5: 1.79mg (17.85%), Potassium: 574.93mg (16.43%), Vitamin A: 738.47IU (14.77%), Vitamin B2: 0.2mg (11.52%), Vitamin E: 1.6mg (10.69%), Magnesium: 37.97mg (9.49%), Iron: 1.33mg (7.4%), Vitamin C: 5.51mg (6.68%), Zinc: 0.87mg (5.77%), Vitamin B1: 0.08mg (5.64%), Copper: 0.11mg (5.42%), Manganese: 0.11mg (5.42%), Vitamin B12: 0.31µg (5.11%), Vitamin K: 5.05µg (4.81%), Fiber: 1.13g (4.53%), Folate: 15.94µg (3.99%), Calcium: 30.83mg (3.08%), Vitamin D: 0.32µg (2.13%)