



Monster Claws with Dipping Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 0.3 bell pepper red cut into 8 triangular pieces
- 1 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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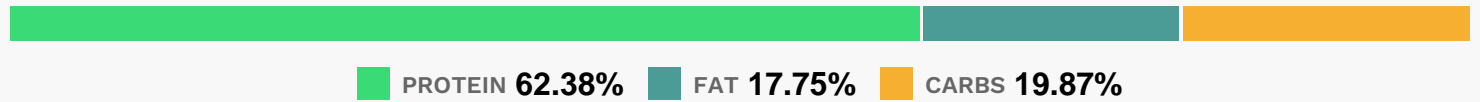
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Coat chicken with coating mix as directed on package.
- Place on baking sheet sprayed with cooking spray.
- Bake 13 to 15 min. or until chicken is done.
- Make 1/2-inch slit in thinner end of each chicken strip; insert red pepper triangle in slit for the monster's claw.
- Serve with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.6091304427904%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 21.59kcal (1.08%), Fat: 0.41g (0.63%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.83g (0.93%), Cholesterol: 9.68mg (3.23%), Sodium: 42.13mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin B3: 1.6mg (8%), Selenium: 4.87µg (6.96%), Vitamin B6: 0.12mg (5.9%), Phosphorus: 32.49mg (3.25%), Vitamin B5: 0.22mg (2.23%), Potassium: 63.56mg (1.82%), Vitamin C: 1.47mg (1.78%), Magnesium: 4.36mg (1.09%), Vitamin B2: 0.02mg (1.02%)