



## Mozza-Chicken Strips

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup classic ranch dressing kraft
- 0.8 lb chicken breasts boneless skinless cut into 3x1-inch strips
- 1 pouch shake 'n bake extra seasoned coating mix crispy
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## Equipment

- baking sheet
- oven

aluminum foil

## Directions

- Preheat oven to 400F. Coat chicken strips with coating mix as directed on package.
- Place in single layer on foil-covered baking sheet.
- Bake 20 min.; sprinkle with cheese. Continue baking 5 min. or until cheese is melted.
- Serve with the dressing for dipping.

## Nutrition Facts

**PROTEIN 45.19%** **FAT 52.16%** **CARBS 2.65%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2152173904621%

## Nutrients (% of daily need)

Calories: 22.52kcal (1.13%), Fat: 1.27g (1.95%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.1g (0.11%), Cholesterol: 7.69mg (2.56%), Sodium: 36.62mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin B3: 1.02mg (5.08%), Selenium: 3.4µg (4.86%), Vitamin B6: 0.07mg (3.72%), Phosphorus: 31.01mg (3.1%), Vitamin K: 2.34µg (2.23%), Vitamin B5: 0.15mg (1.53%), Calcium: 13.48mg (1.35%), Potassium: 38.4mg (1.1%)