



Nutty Chicken Fingers

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup pecans finely chopped
- 0.3 cup oatmeal cornflakes crushed
- 1 tablespoon parsley dried
- 0.1 teaspoon garlic powder
- 0.1 teaspoon salt
- 2 tablespoons milk 2%
- 0.8 pound chicken breast boneless skinless cut into 1-inch strips

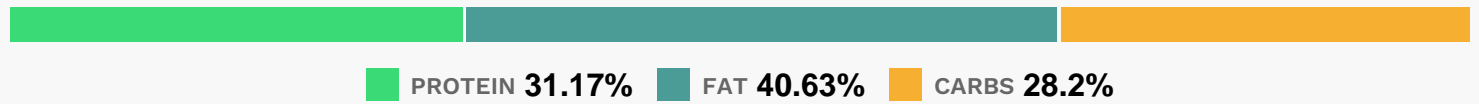
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400°. In a shallow bowl, combine the first 5 ingredients.
- Place milk in another shallow bowl. Dip chicken in milk, then roll in pecan mixture.
- Place in a single layer in an ungreased 15x10x1-in. baking pan.
- Bake, uncovered, until juices run clear, 12–15 minutes.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:37.544347825258%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg

Nutrients (% of daily need)

Calories: 534.02kcal (26.7%), Fat: 24.54g (37.75%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 34.11g (12.4%), Sugar: 5.66g (6.29%), Cholesterol: 110.06mg (36.69%), Sodium: 641.79mg (27.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.36g (84.72%), Vitamin B3: 25.23mg (126.16%), Vitamin B6: 2.05mg (102.74%), Selenium: 59.3µg (84.72%), Iron: 12.95mg (71.94%), Manganese: 1.42mg (71.02%), Vitamin B1: 0.83mg (55.05%), Vitamin B2: 0.86mg (50.4%), Phosphorus: 491.84mg (49.18%), Vitamin B12: 2.39µg (39.85%), Folate: 156.21µg (39.05%), Vitamin B5: 2.81mg (28.15%), Magnesium: 98.37mg (24.59%), Potassium: 857.43mg (24.5%), Copper: 0.46mg (23.04%), Zinc: 2.75mg (18.32%), Fiber: 4.2g (16.8%), Vitamin A: 805.22IU (16.1%), Vitamin C: 11.9mg (14.43%), Vitamin K: 14.92µg (14.21%), Vitamin D: 1.59µg (10.6%), Calcium: 59.19mg (5.92%), Vitamin E: 0.85mg (5.65%)