



## Oatmeal-Crusted Chicken Tenders

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound chicken breast tenders
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 cup regular oats
- ☐ 3 ounces parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt

### Equipment

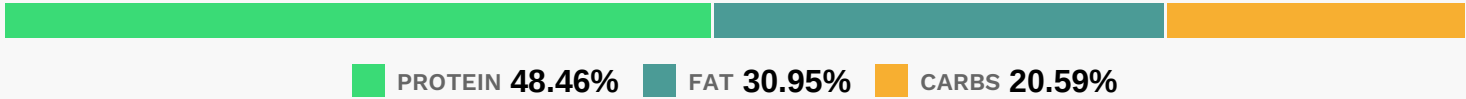
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ meat tenderizer

## Directions

- ☐ Preheat oven to 45
- ☐ Place oats in a food processor, and process for 20 seconds or until coarsely ground.
- ☐ Add cheese, thyme, salt, and pepper. Pulse to combine, and place in a shallow bowl.
- ☐ Place each chicken breast tender between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Coat both sides of tenders with cooking spray; dredge tenders in oat mixture.
- ☐ Place tenders on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 15 minutes or until browned.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:4.89, Inflammation Score:-7, Nutrition Score:18.296521762143%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

## Nutrients (% of daily need)

Calories: 290.26kcal (14.51%), Fat: 9.76g (15.02%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 12.46g (4.53%), Sugar: 0.37g (0.41%), Cholesterol: 87.03mg (29.01%), Sodium: 764.13mg (33.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.39g (68.78%), Selenium: 46.94µg (67.05%), Vitamin B3: 12.12mg (60.61%), Phosphorus: 469.53mg (46.95%), Vitamin B6: 0.89mg (44.55%), Manganese: 0.78mg (39.12%), Calcium: 270.71mg (27.07%), Vitamin B5: 1.94mg (19.43%), Magnesium: 67.83mg (16.96%), Potassium:

517.28mg (14.78%), Zinc: 1.99mg (13.28%), Vitamin B2: 0.22mg (12.82%), Vitamin B1: 0.17mg (11.63%), Iron: 1.56mg (8.65%), Fiber: 2.15g (8.6%), Vitamin B12: 0.48µg (8.03%), Copper: 0.12mg (6.07%), Vitamin A: 224.52IU (4.49%), Folate: 12.76µg (3.19%), Vitamin C: 2.16mg (2.62%), Vitamin E: 0.35mg (2.32%), Vitamin D: 0.22µg (1.46%), Vitamin K: 1.2µg (1.14%)