



Orangey Herb and Oat-Crusted Chicken Tenders

 Dairy Free or type unknown

READY IN

ready or type unknown

35 min.

SERVINGS

servings or type unknown

4

CALORIES

calories or type unknown

265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon oregano dried

- ☐ 0.3 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds chicken breasts boneless skinless cut into thin strips (rib meat)

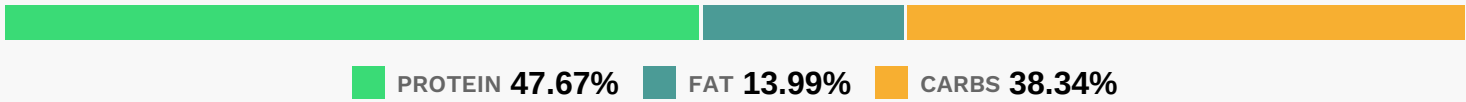
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ In a large zip-top plastic bag, combine the oats, flour, oregano, thyme, garlic powder, onion powder, salt, and black pepper. Seal the bag and shake to combine. Using a brush or spoon, coat the chicken pieces all over with the marmalade.
- ☐ Add the chicken to the oat mixture, seal the bag, and shake to coat the pieces evenly.
- ☐ Refrigerate the chicken for up to 3 days or freeze for up to 3 months. Thaw completely in the refrigerator or microwave for about 4 minutes on LOW before baking.
- ☐ Preheat the oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- ☐ Transfer the chicken pieces from the bag to the prepared baking sheet and spray the tops of them with cooking spray.
- ☐ Bake until golden brown and cooked through, about 20 minutes (no need to turn them).
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:4.05, Inflammation Score:-7, Nutrition Score:16.417825872483%

Nutrients (% of daily need)

Calories: 265.31kcal (13.27%), Fat: 4.11g (6.32%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 24.12g (8.77%), Sugar: 16.14g (17.94%), Cholesterol: 90.72mg (30.24%), Sodium: 471.19mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.49g (62.97%), Vitamin B3: 15.1mg (75.52%), Selenium: 48.77µg (69.67%), Vitamin B6: 1.09mg (54.73%), Phosphorus: 331.35mg (33.13%), Vitamin B5: 2.09mg (20.9%), Manganese: 0.34mg (17.1%), Potassium: 577.95mg (16.51%), Magnesium: 54.88mg (13.72%), Vitamin B2: 0.18mg (10.48%), Vitamin B1: 0.16mg (10.37%), Iron: 1.53mg (8.52%), Vitamin K: 8.07µg (7.69%), Zinc: 1.08mg (7.23%), Copper: 0.1mg (4.95%), Fiber: 1.21g (4.83%), Folate: 18.96µg (4.74%), Vitamin B12: 0.28µg (4.72%), Vitamin C: 3.18mg (3.86%), Calcium: 35.16mg (3.52%), Vitamin E: 0.44mg (2.93%), Vitamin A: 77.75IU (1.55%)