



Oven-Baked Chicken Fingers

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove garlic minced
- ☐ 1 cup seasoned bread crumbs dry
- ☐ 0.3 cup cooking oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 6 chicken breast boneless skinless

Equipment

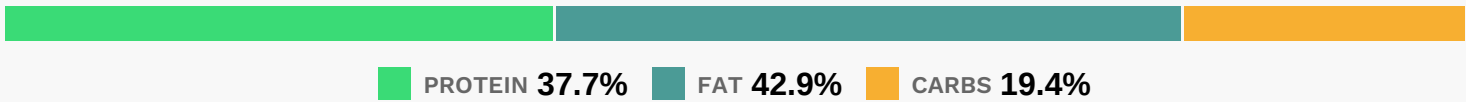
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 42
- ☐ Heat a large baking sheet in the oven for 5 minutes.
- ☐ Combine bread crumbs and cheese in a shallow dish; set aside.
- ☐ Combine garlic and oil in a small bowl, set aside.
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap. Flatten chicken to 1/2-inch thickness, using a meat mallet or rolling pin; cut into one-inch-wide strips. Dip strips in oil mixture; coat with crumb mixture.
- ☐ Coat preheated baking sheet with non-stick vegetable spray and place chicken on prepared baking sheet.
- ☐ Bake at 425 for 12 to 14 minutes, turning after 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:15.350434844909%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 295.69kcal (14.78%), Fat: 13.83g (21.27%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 13.08g (4.76%), Sugar: 1.15g (1.28%), Cholesterol: 73.97mg (24.66%), Sodium: 427.53mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.68%), Vitamin B3: 13.02mg (65.11%), Selenium: 41.75µg (59.65%), Vitamin B6: 0.89mg (44.41%), Phosphorus: 284.03mg (28.4%), Vitamin B1: 0.27mg (17.73%), Vitamin B5: 1.74mg (17.43%), Vitamin K: 16.12µg (15.35%), Potassium: 469.37mg (13.41%), Vitamin E: 1.91mg (12.73%), Vitamin B2: 0.2mg (11.9%), Manganese: 0.22mg (11.18%), Magnesium: 39.29mg (9.82%), Iron: 1.42mg

(7.88%), Folate: 28.43µg (7.11%), Zinc: 1.02mg (6.8%), Calcium: 57.69mg (5.77%), Vitamin B12: 0.32µg (5.31%),
Copper: 0.08mg (4.07%), Fiber: 0.99g (3.96%), Vitamin C: 2.05mg (2.49%), Vitamin A: 86.96IU (1.74%)