



## Oven-Fried Chicken Tenders

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup flour
- ☐ 1 eggs
- ☐ 1 tablespoon water
- ☐ 8 oz panko bread crumbs plain crispy
- ☐ 0.5 cup parmesan cheese grated
- ☐ 20 oz chicken breast (from two 14-oz packages)
- ☐ 1 serving barbecue sauce

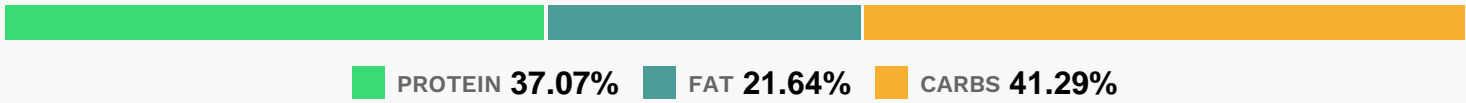
### Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 425°F. Line cookie sheet with foil; spray with cooking spray.
- ☐ In shallow dish, place flour. In another shallow dish, beat egg and water. In third shallow dish, mix bread crumbs and cheese. Coat chicken with flour; dip into egg mixture, then coat with bread crumb mixture.
- ☐ Place on cookie sheet.
- ☐ Bake 15 to 20 minutes, turning once, until chicken is no longer pink in center and coating is golden brown.
- ☐ Serve with dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:4.31, Inflammation Score:-6, Nutrition Score:26.323912838231%

## Nutrients (% of daily need)

Calories: 482.78kcal (24.14%), Fat: 11.3g (17.39%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 45.74g (16.63%), Sugar: 3.67g (4.08%), Cholesterol: 142.51mg (47.5%), Sodium: 816.75mg (35.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.56g (87.11%), Selenium: 70.05µg (100.07%), Vitamin B3: 19.03mg (95.13%), Vitamin B6: 1.16mg (58.14%), Phosphorus: 500.74mg (50.07%), Vitamin B1: 0.71mg (47.21%), Manganese: 0.61mg (30.48%), Vitamin B2: 0.5mg (29.55%), Vitamin B5: 2.58mg (25.77%), Calcium: 228.87mg (22.89%), Folate: 86.56µg (21.64%), Iron: 3.88mg (21.53%), Potassium: 682.72mg (19.51%), Magnesium: 68.72mg (17.18%), Zinc: 2.38mg (15.89%), Vitamin B12: 0.75µg (12.48%), Fiber: 2.76g (11.06%), Copper: 0.21mg (10.39%), Vitamin A: 210.61IU (4.21%), Vitamin K: 4.3µg (4.09%), Vitamin E: 0.5mg (3.34%), Vitamin D: 0.42µg (2.83%), Vitamin C: 1.7mg (2.06%)