



Oven-Fried Chicken Tenders and Fries

 Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



715 kcal

SIDE DISH

Ingredients

- 1 lb baking potatoes
- 0.3 cup grey poupon dijon mustard
- 1 Tbsp honey
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into strips
- 1 pkt. shake 'n bake chicken coating mix

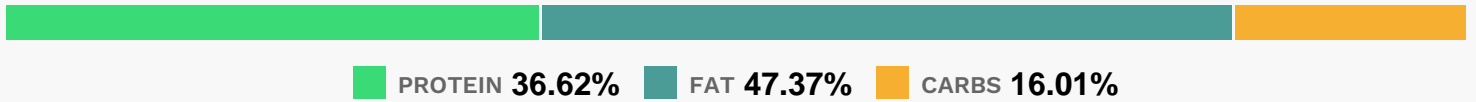
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 425F.
- Cut potatoes into 1/2-inch-thick strips; place in large bowl.
- Add dressing and cheese; toss to coat.
- Spread onto large baking sheet sprayed with cooking spray.
- Bake 12 min. Meanwhile, coat chicken with coating mix as directed on package.
- Turn potatoes over.
- Add chicken to baking sheet.
- Bake 15 min. or until potatoes are tender and chicken is done.
- Mix mustard and honey.
- Serve as a dipping sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:42.26, Glycemic Load:18.42, Inflammation Score:-6, Nutrition Score:29.055652141571%

Nutrients (% of daily need)

Calories: 715.32kcal (35.77%), Fat: 37.08g (57.05%), Saturated Fat: 10.32g (64.51%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 26.04g (9.47%), Sugar: 6.82g (7.58%), Cholesterol: 220.84mg (73.61%), Sodium: 697.14mg (30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.51g (129.02%), Vitamin B3: 26.07mg (130.35%), Selenium: 71.98µg (102.83%), Vitamin B6: 1.93mg (96.68%), Phosphorus: 639.3mg (63.93%), Vitamin B5: 3.76mg (37.61%), Potassium: 1302.29mg (37.21%), Magnesium: 104.15mg (26.04%), Zinc: 3.87mg (25.82%), Vitamin B2: 0.41mg (24.3%), Vitamin B1: 0.31mg (20.92%), Iron: 3.44mg (19.14%), Manganese: 0.31mg (15.51%), Vitamin B12: 0.9µg (15.03%), Vitamin C: 11.02mg (13.36%), Vitamin K: 13.69µg (13.04%), Copper: 0.26mg (12.88%), Calcium: 108.64mg (10.86%), Fiber: 2.15g (8.62%), Folate: 33.41µg (8.35%), Vitamin E: 1.21mg (8.04%), Vitamin A: 372.17IU (7.44%), Vitamin D: 0.53µg (3.5%)