



Oven-Fried Parmesan Chicken Strips

READY IN



45 min.

SERVINGS



5

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup baking mix reduced-fat
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 2 pounds chicken breast
- ☐ 1.5 teaspoons old bay seasoning
- ☐ 0.3 cup parmesan cheese grated

Equipment

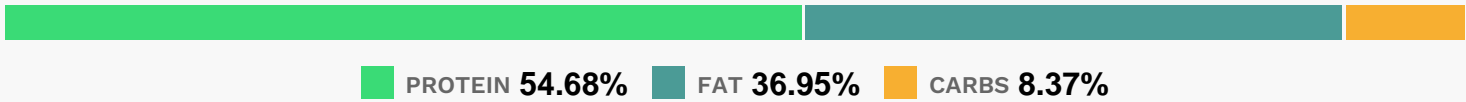
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Melt butter in a 15- x 10-inch jelly-roll pan in a 425 oven.
- ☐ Place baking mix and next 3 ingredients in a large zip-top plastic bag; shake well to combine.
- ☐ Add chicken, several pieces at a time, shaking well to coat. Arrange chicken in melted butter in hot baking dish.
- ☐ Bake at 425 for 30 minutes or until chicken is done, turning once.
- ☐ Serve immediately.
- ☐ Note: To freeze, place uncooked, coated chicken strips on a baking sheet in the freezer. Once frozen, place strips in a zip-top plastic freezer bag, and freeze until ready to prepare.
- ☐ Bake frozen strips on a hot buttered jelly-roll pan (according to previous directions) at 425 for 35 minutes, turning after 25 minutes. For testing purposes only, we used Bisquick Heart Smart mix.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:19.657826076383%

Nutrients (% of daily need)

Calories: 311.26kcal (15.56%), Fat: 12.39g (19.06%), Saturated Fat: 5.28g (32.99%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 6.07g (2.21%), Sugar: 0.96g (1.07%), Cholesterol: 134.12mg (44.71%), Sodium: 465.39mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.49%), Vitamin B3: 19.31mg (96.57%), Selenium: 61.09µg (87.28%), Vitamin B6: 1.38mg (68.93%), Phosphorus: 472.53mg (47.25%), Vitamin B5: 2.68mg (26.85%), Potassium: 702.74mg (20.08%), Vitamin B2: 0.24mg (14.27%), Magnesium: 53.05mg (13.26%), Vitamin B1: 0.17mg (11.06%), Zinc: 1.41mg (9.42%), Calcium: 89.87mg (8.99%), Vitamin B12: 0.49µg (8.23%), Iron: 1.14mg (6.34%), Vitamin K: 6.3µg (6%), Manganese: 0.11mg (5.38%), Vitamin A: 268.43IU (5.37%), Folate: 18.66µg (4.67%), Vitamin E: 0.53mg (3.52%), Copper: 0.07mg (3.48%), Vitamin C: 2.27mg (2.76%), Vitamin D: 0.21µg (1.43%)