



Panko-Crusted Chicken and Crudites with Blue Cheese Dip

READY IN



35 min.

SERVINGS



6

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 teaspoon cayenne
- ☐ 1 pound chicken tenderloins
- ☐ 1 teaspoon cider vinegar
- ☐ 1 egg white
- ☐ 0.3 cup greek yogurt sour
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 0.5 cup buttermilk low-fat

- ☐ 0.8 cup panko crumbs plain
- ☐ 1 tablespoon water
- ☐ 6 servings crudités such as radishes, cucumber spears, and carrot sticks, optional assorted

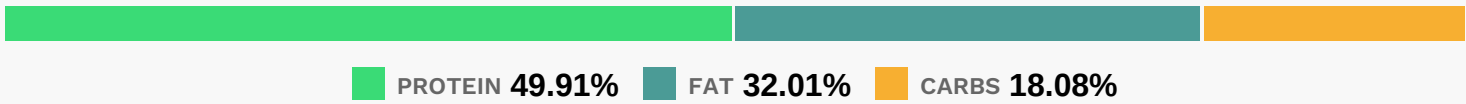
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 450 degrees F. Spray a small baking sheet generously with nonstick cooking spray.
- ☐ To make the dip, combine the buttermilk, sour cream and vinegar in a medium bowl.
- ☐ Add the blue cheese and mash with a fork, until blended. Season with salt and freshly cracked black pepper, to taste. Cover and refrigerate until ready to use.
- ☐ Season the chicken with salt and freshly cracked black pepper to taste. Lightly beat the egg white and water in a medium bowl.
- ☐ Combine the panko and cayenne on a sheet of waxed paper. Dip each tender into the egg whites, shaking off excess, and then roll into the panko to coat.
- ☐ Place the chicken on the baking sheet in 1 layer and generously spray with cooking spray.
- ☐ Bake on the top rack of the oven until the chicken is cooked through and golden brown, about 20 minutes.
- ☐ Serve with the dip and assorted crudites.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:10.158695661503%

Nutrients (% of daily need)

Calories: 166.48kcal (8.32%), Fat: 5.76g (8.87%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.96g (2.53%), Sugar: 1.54g (1.71%), Cholesterol: 58.16mg (19.39%), Sodium: 468.7mg (20.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.43%), Vitamin B3: 8.49mg (42.45%), Selenium: 28.88µg (41.25%), Vitamin B6: 0.6mg (29.96%), Phosphorus: 226.03mg (22.6%), Vitamin B5: 1.32mg (13.15%), Vitamin B2: 0.2mg (11.75%), Potassium: 375.97mg (10.74%), Calcium: 94.68mg (9.47%), Vitamin B1: 0.13mg (8.97%), Magnesium: 28.63mg (7.16%), Vitamin B12: 0.36µg (5.96%), Zinc: 0.88mg (5.9%), Manganese: 0.09mg (4.34%), Folate: 16.23µg (4.06%), Iron: 0.7mg (3.88%), Vitamin A: 156.13IU (3.12%), Copper: 0.05mg (2.45%), Vitamin C: 1.29mg (1.56%), Vitamin E: 0.23mg (1.55%), Fiber: 0.37g (1.47%)