



WHATSheATE



Parmesan Garlic and Herb Chicken Tenders

READY IN



30 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon seasoning dried italian
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup panko bread crumbs plain crispy
- ☐ 0.5 cup parmesan shredded finely
- ☐ 14 oz chicken tenderloins uncooked (not breaded)
- ☐ 1 serving pasta sauce

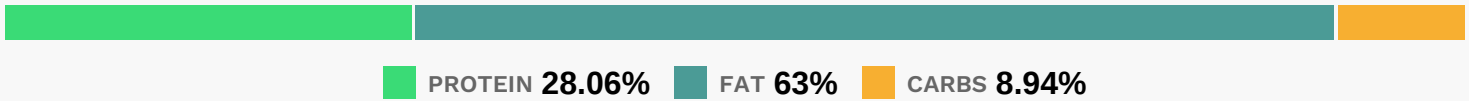
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Heat oven to 400°F. Spray large cookie sheet with cooking spray.
- ☐ In shallow bowl, mix mayonnaise, herbs and garlic powder. In large resealable food-storage plastic bag, place bread crumbs and cheese. Coat chicken with mayonnaise mixture.
- ☐ Place in bread crumb bag; seal and shake to coat.
- ☐ Place chicken on cookie sheet.
- ☐ Bake 15 to 20 minutes, turning once, until chicken is no longer pink in center and bread crumbs are golden brown.
- ☐ Serve with tomato pasta sauce.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:17.024347875429%

Nutrients (% of daily need)

Calories: 394.04kcal (19.7%), Fat: 27.29g (41.98%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.36g (2.68%), Sugar: 1.88g (2.08%), Cholesterol: 83.76mg (27.92%), Sodium: 693.75mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.35g (54.69%), Vitamin B3: 11.24mg (56.22%), Selenium: 37.43µg (53.47%), Vitamin K: 55.18µg (52.55%), Vitamin B6: 0.82mg (40.76%), Phosphorus: 325.05mg (32.5%), Calcium: 193.47mg (19.35%), Vitamin B5: 1.67mg (16.69%), Potassium: 510.11mg (14.57%), Vitamin E: 1.81mg (12.08%), Vitamin B2: 0.2mg (11.96%), Magnesium: 43.06mg (10.77%), Vitamin B1: 0.15mg (10.33%), Manganese: 0.19mg (9.35%), Iron: 1.67mg (9.25%), Zinc: 1.18mg (7.88%), Vitamin B12: 0.41µg (6.8%), Vitamin A: 299.46IU (5.99%), Fiber: 1.36g (5.45%), Folate: 20.16µg (5.04%), Copper: 0.1mg (5.02%), Vitamin C: 3.37mg (4.08%), Vitamin D: 0.22µg (1.45%)