



## Pecan Chicken Fingers

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cajun spice
- 1.5 pounds chicken tenderloins
- 0.5 teaspoon garlic powder
- 3 tablespoons butter light melted
- 1 cup buttermilk low-fat
- 1.5 cups pecans toasted chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.3 cup sesame seed

0.5 cup wheat germ toasted

## Equipment

frying pan

oven

## Directions

Preheat oven to 40

Combine first 7 ingredients in a shallow dish.

Pour the buttermilk into a second shallow dish. Dip chicken in buttermilk; dredge in pecan mixture.

Place chicken on a jelly roll pan coated with cooking spray.

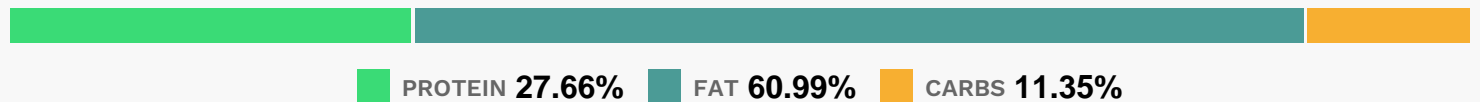
Drizzle butter evenly over chicken.

Bake at 400 for 20 minutes or until chicken is done.

Serve warm.

carbo rating: 7

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:26.897825873416%

## Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

## Nutrients (% of daily need)

Calories: 443.14kcal (22.16%), Fat: 31.03g (47.74%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 7.93g (2.88%), Sugar: 3.14g (3.49%), Cholesterol: 81.59mg (27.2%), Sodium: 389.85mg (16.95%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.67g (63.34%), Manganese: 2.7mg (135.23%), Selenium: 48.07µg (68.67%), Vitamin B3: 13.23mg (66.13%), Vitamin B6: 1.12mg (56.21%), Phosphorus: 476.43mg (47.64%), Copper: 0.7mg (35.22%), Vitamin B1: 0.5mg (33.44%), Magnesium: 114.46mg (28.62%), Zinc: 3.8mg (25.33%), Vitamin B5: 2.21mg (22.13%), Potassium: 742.13mg (21.2%), Fiber: 5.07g (20.28%), Vitamin B2: 0.29mg (17.26%), Iron: 2.99mg (16.58%), Vitamin A: 762.59IU (15.25%), Calcium: 142.54mg (14.25%), Folate: 46.3µg (11.57%), Vitamin E: 1.09mg (7.23%), Vitamin B12: 0.32µg (5.4%), Vitamin C: 2.07mg (2.51%), Vitamin K: 2.63µg (2.51%), Vitamin D: 0.18µg (1.22%)