



Pizza Fingers Meal with Dipping Sauce

READY IN



35 min.

SERVINGS



35

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 breadsticks soft
- 2 cups vegetables mixed hot cooked
- 1 Tbsp oregano leaves dried
- 2 Tbsp parmesan cheese grated kraft
- 14 oz classico family favorites pasta sauce warmed traditional
- 1.3 lb chicken breasts boneless skinless cut lengthwise into thirds
- 0.3 cup shake 'n bake extra seasoned coating mix crispy
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Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400F. Measure 1/3 cup coating mix into shaker bag.
- Add cheese and oregano; mix well.
- Coat chicken with coating mixture as directed on package.
- Place in foil-lined 15x10x1-inch baking pan.
- Bake 20 minutes or until chicken is cooked through.
- Serve with pasta sauce for dipping, mixed vegetables and breadsticks.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:3.0739130193125%

Nutrients (% of daily need)

Calories: 30.23kcal (1.51%), Fat: 0.6g (0.93%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.66g (0.61%), Sugar: 0.42g (0.46%), Cholesterol: 10.62mg (3.54%), Sodium: 84.37mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 586.97IU (11.74%), Vitamin B3: 1.94mg (9.7%), Selenium: 5.4µg (7.71%), Vitamin B6: 0.14mg (7.21%), Phosphorus: 45.24mg (4.52%), Potassium: 117.99mg (3.37%), Vitamin B5: 0.29mg (2.85%), Fiber: 0.66g (2.65%), Vitamin C: 2.07mg (2.51%), Manganese: 0.05mg (2.37%), Magnesium: 8.89mg (2.22%), Vitamin B2: 0.03mg (2.01%), Iron: 0.34mg (1.86%), Vitamin B1: 0.03mg (1.74%), Vitamin E: 0.22mg (1.48%), Copper: 0.03mg (1.41%), Folate: 5.04µg (1.26%), Zinc: 0.18mg (1.21%), Vitamin K: 1.24µg (1.18%)