



Spicy Chicken Fingers



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1.3 pounds chicken breast tenders boneless skinless
- ☐ 2 herb-ox® chicken bouillon cubes crushed flavored
- ☐ 1 eggs beaten
- ☐ 1 cup potato flakes instant mashed
- ☐ 2 tablespoons water

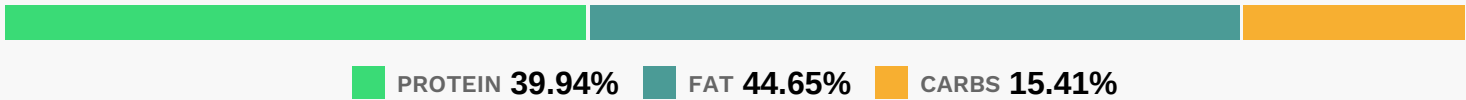
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. In bowl, combine potato flakes, bouillon and cayenne pepper.
- ☐ Add melted butter to potato flakes. In pie plate, combine egg and water. Dip chicken tenders in egg mixture and coat in potato flakes.
- ☐ Place chicken on baking sheet.
- ☐ Bake for 18–22 minutes, turning halfway through baking, until chicken is cooked through. If desired, serve with honey mustard dipping sauce.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:17.906956543093%

Nutrients (% of daily need)

Calories: 338.17kcal (16.91%), Fat: 16.5g (25.38%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 11.79g (4.29%), Sugar: 0.9g (1.01%), Cholesterol: 131.9mg (43.97%), Sodium: 807.35mg (35.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.41%), Vitamin B3: 15.8mg (78.98%), Selenium: 51.32µg (73.31%), Vitamin B6: 1.2mg (59.95%), Phosphorus: 349.8mg (34.98%), Vitamin B5: 2.52mg (25.24%), Potassium: 719mg (20.54%), Vitamin C: 14mg (16.97%), Vitamin B1: 0.25mg (16.48%), Vitamin A: 663.11IU (13.26%), Vitamin B2: 0.22mg (13.15%), Magnesium: 49.88mg (12.47%), Zinc: 1.07mg (7.16%), Vitamin B12: 0.4µg (6.69%), Vitamin E: 0.88mg (5.84%), Iron: 0.93mg (5.16%), Folate: 18.65µg (4.66%), Fiber: 1.02g (4.1%), Copper: 0.07mg (3.6%), Manganese: 0.05mg (2.7%), Calcium: 25.7mg (2.57%), Vitamin D: 0.36µg (2.41%), Vitamin K: 1.72µg (1.64%)