



Sticky Chicken Strips

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken tenderloins
- 1 pinch garlic powder to taste
- 1 cup splenda® no calorie sweetener
- 0.5 cup soya sauce
- 0.3 cup water
- 0.3 cup wine

Equipment

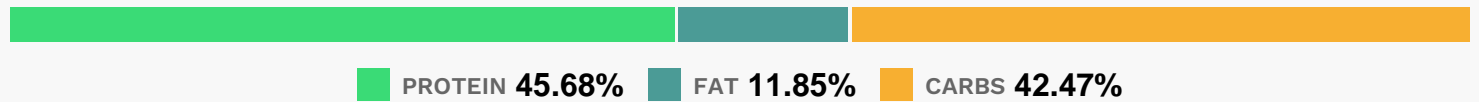
- bowl

- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Arrange chicken in a single layer in a baking dish. In a medium bowl combine water, soy sauce, SLENDA® Granulated Sweetener and wine.
- Pour over chicken and sprinkle with garlic powder.
- Bake for 10 minutes in preheated oven until sauce is hot and bubbly.
- Reduce temperature to 350 degrees F (175 degrees C), and bake for an additional 15 to 20 minutes, until sauce is thick and sticky, basting repeatedly.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:23.07, Inflammation Score:-4, Nutrition Score:21.804347896058%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 456.33kcal (22.82%), Fat: 5.9g (9.08%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 47.39g (17.23%), Sugar: 40.79g (45.32%), Cholesterol: 145.15mg (48.38%), Sodium: 1884.53mg (81.94%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 51.21g (102.42%), Vitamin B3: 24.82mg (124.09%), Selenium: 72.83µg (104.04%), Vitamin B6: 1.76mg (88.23%), Phosphorus: 516.78mg (51.68%), Vitamin B5: 3.35mg (33.48%), Potassium: 913.57mg (26.1%), Magnesium: 72.23mg (18.06%), Vitamin B2: 0.27mg (16.07%), Vitamin B1: 0.16mg (10.87%), Manganese: 0.2mg (9.83%), Zinc: 1.46mg (9.74%), Iron: 1.57mg (8.73%), Vitamin B12: 0.45µg (7.56%), Copper: 0.1mg (5.17%), Folate: 14.45µg (3.61%), Vitamin C: 2.72mg (3.3%), Vitamin E: 0.43mg (2.87%), Calcium: 18.95mg (1.9%), Vitamin D: 0.23µg (1.51%), Vitamin A: 68.04IU (1.36%)