



Super Easy Chicken Fingers

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter melted
- 1.3 cups seasoned bread crumbs italian
- 1 pound chicken breast halves boneless skinless cut into bite size pieces

Equipment

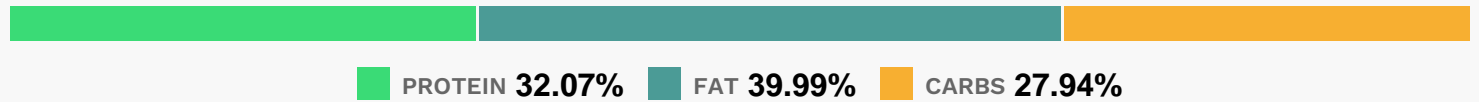
- oven

Directions

- Preheat oven to 325 degrees F (165 degrees C).

- Roll chicken pieces in the melted butter or margarine, then roll in the breadcrumbs
- Bake the chicken fingers in the preheated oven for about 10 minutes. Turn them over and cook for another 10 minutes or until they are brown and pierce easily with a fork. Ready to serve!

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:18.127391182858%

Nutrients (% of daily need)

Calories: 373.28kcal (18.66%), Fat: 16.35g (25.15%), Saturated Fat: 8.36g (52.25%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 23.85g (8.67%), Sugar: 2.16g (2.4%), Cholesterol: 103.05mg (34.35%), Sodium: 722.56mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Vitamin B3: 14.14mg (70.72%), Selenium: 45.69µg (65.27%), Vitamin B6: 0.91mg (45.69%), Phosphorus: 307.87mg (30.79%), Vitamin B1: 0.43mg (28.91%), Manganese: 0.39mg (19.3%), Vitamin B5: 1.86mg (18.65%), Vitamin K: 18.46µg (17.58%), Vitamin B2: 0.27mg (16.1%), Potassium: 509.56mg (14.56%), Iron: 2.27mg (12.6%), Folate: 49.58µg (12.4%), Magnesium: 47.01mg (11.75%), Vitamin A: 456.25IU (9.13%), Zinc: 1.21mg (8.04%), Calcium: 77.28mg (7.73%), Fiber: 1.84g (7.35%), Vitamin B12: 0.38µg (6.36%), Copper: 0.12mg (6.11%), Vitamin E: 0.64mg (4.25%), Vitamin C: 2.37mg (2.88%)