 4%  
HEALTH SCORE

## Tasty Texas Tenders

READY IN



40 min.

SERVINGS



6

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup canola oil
- 3 cups rice cereal crushed crisp
- 1 teaspoon optional: dill
- 1 teaspoon garlic salt
- 1 pound chicken breast boneless skinless
- 6 servings cream sour

### Equipment

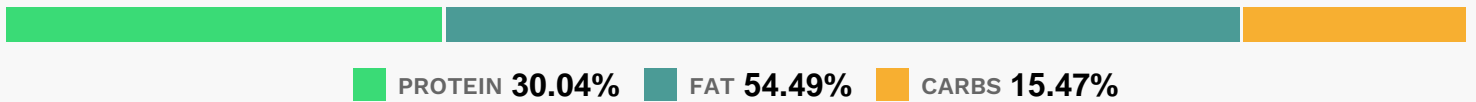
- bowl

- baking sheet
- oven
- aluminum foil

## Directions

- If using chicken breasts, cut into 4-in. strips; set aside. In a shallow bowl, combine the cereal, garlic salt and dill.
- Place oil in another shallow bowl. Dip chicken tenders in oil, then roll in cereal mixture.
- Place on a foil-lined baking sheet.
- Bake, uncovered, at 350° for 30 minutes or until no longer pink.
- Serve with sour cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:8.9330433322036%

## Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 228.2kcal (11.41%), Fat: 13.7g (21.08%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 8.62g (3.13%), Sugar: 0.41g (0.45%), Cholesterol: 55.46mg (18.49%), Sodium: 479.47mg (20.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (33.99%), Vitamin B3: 8.22mg (41.12%), Selenium: 25.62µg (36.6%), Vitamin B6: 0.57mg (28.56%), Phosphorus: 178.9mg (17.89%), Vitamin E: 1.83mg (12.21%), Vitamin B5: 1.12mg (11.18%), Potassium: 305.74mg (8.74%), Vitamin B2: 0.12mg (7.09%), Vitamin K: 7µg (6.66%), Vitamin B1: 0.09mg (6.13%), Magnesium: 23.67mg (5.92%), Folate: 18.14µg (4.54%), Zinc: 0.58mg (3.88%), Iron: 0.56mg (3.11%), Vitamin B12: 0.18µg (2.94%), Copper: 0.05mg (2.26%), Vitamin A: 98.73IU (1.97%), Calcium: 17.01mg (1.7%), Vitamin C: 1.03mg (1.25%)