



Ultimate Chicken Fingers

READY IN



35 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 eggs slightly beaten
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup parmesan cheese grated
- ☐ 3 chicken breast halves boneless skinless
- ☐ 0.7 cup mix original bisquick®

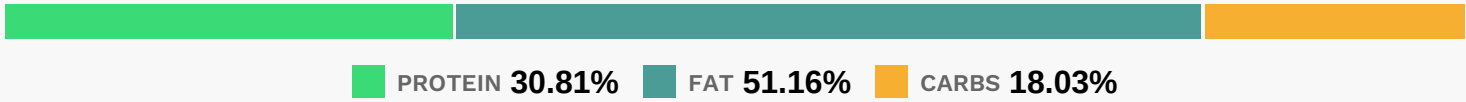
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oven to 450 degrees F. Line cookie sheet with foil; spray with cooking spray.
- ☐ Mix Bisquick mix, cheese, salt and paprika in 1-gallon resealable plastic food-storage bag. Dip half the chicken strips into egg; place in bag of Bisquick mixture. Seal bag; shake to coat.
- ☐ Place chicken on cookie sheet. Repeat with remaining chicken.
- ☐ Drizzle butter over chicken.
- ☐ Bake 12 to 14 minutes, turning after 6 minutes with pancake turner, until no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:14.01913038544%

Nutrients (% of daily need)

Calories: 326.77kcal (16.34%), Fat: 18.31g (28.16%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 14.01g (5.1%), Sugar: 2.41g (2.67%), Cholesterol: 106.43mg (35.48%), Sodium: 977.75mg (42.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Selenium: 36.39µg (51.98%), Vitamin B3: 9.79mg (48.97%), Phosphorus: 399.2mg (39.92%), Vitamin B6: 0.69mg (34.26%), Vitamin B5: 1.61mg (16.09%), Calcium: 160.6mg (16.06%), Vitamin B2: 0.27mg (16.03%), Vitamin A: 692.47IU (13.85%), Vitamin B1: 0.18mg (11.93%), Potassium: 394.52mg (11.27%), Vitamin B12: 0.52µg (8.74%), Zinc: 1.31mg (8.71%), Folate: 34.54µg (8.63%), Magnesium: 33.5mg (8.37%), Iron: 1.17mg (6.51%), Vitamin E: 0.76mg (5.1%), Manganese: 0.1mg (4.96%), Copper: 0.07mg (3.43%), Vitamin D: 0.37µg (2.45%), Fiber: 0.51g (2.03%), Vitamin K: 1.92µg (1.82%), Vitamin C: 1.1mg (1.33%)