



Ultimate Chicken Fingers



Gluten Free



Popular

READY IN



34 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

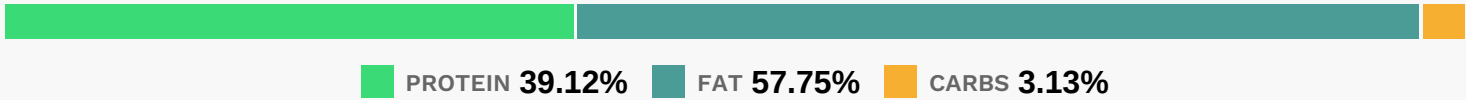
Equipment

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

Directions

- ☐ Heat oven to 450°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:-5, Nutrition Score:11.451739094827%

Nutrients (% of daily need)

Calories: 241.17kcal (12.06%), Fat: 15.23g (23.42%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.08g (0.08%), Cholesterol: 106.04mg (35.35%), Sodium: 722.55mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.21g (46.42%), Selenium: 34.89µg (49.84%), Vitamin B3: 8.89mg (44.42%), Vitamin B6: 0.67mg (33.49%), Phosphorus: 282.2mg (28.22%), Vitamin B5: 1.43mg (14.32%), Vitamin A: 691.67IU (13.83%), Calcium: 124.8mg (12.48%), Vitamin B2: 0.19mg (10.89%), Potassium: 361.92mg (10.34%), Zinc: 1.19mg (7.91%), Vitamin B12: 0.45µg (7.44%), Magnesium: 28.5mg (7.12%), Vitamin E: 0.74mg (4.92%), Vitamin B1: 0.06mg (4.26%), Iron: 0.62mg (3.43%), Vitamin D: 0.37µg (2.45%), Folate: 9.54µg (2.38%), Copper: 0.04mg (1.89%), Manganese: 0.03mg (1.56%), Vitamin C: 1.04mg (1.26%)