



Ultimate Chicken Fingers (lighter)

READY IN



30 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup baking mix bisquick heart smart®
- ☐ 0.5 cup parmesan grated reduced-fat
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon paprika
- ☐ 3 chicken breast boneless skinless
- ☐ 0.3 cup eggs fat-free
- ☐ 3 tablespoons butter 40% melted

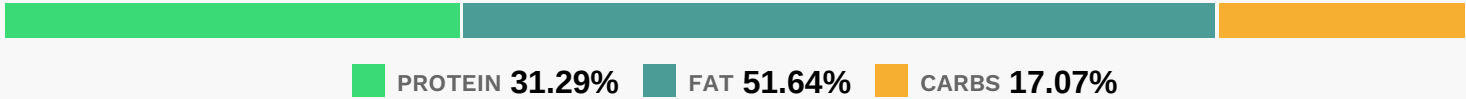
Equipment

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

Directions

- ☐ Heat oven to 450°F. Line cookie sheet with foil; spray with cooking spray.
- ☐ In 1-gallon resealable food-storage plastic bag, stir together Bisquick® mix, cheese, salt and paprika. Dip half the chicken strips into egg product; place in bag of Bisquick mixture. Seal bag; shake to coat.
- ☐ Place chicken on cookie sheet. Repeat with remaining chicken.
- ☐ Drizzle vegetable oil spread 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:14.571304207263%

Nutrients (% of daily need)

Calories: 313.26kcal (15.66%), Fat: 17.7g (27.24%), Saturated Fat: 5.17g (32.33%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 12.66g (4.6%), Sugar: 2.41g (2.68%), Cholesterol: 122.14mg (40.71%), Sodium: 956.07mg (41.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.27%), Selenium: 35.51µg (50.73%), Vitamin B3: 9.8mg (49.01%), Phosphorus: 419.37mg (41.94%), Vitamin B6: 0.69mg (34.41%), Calcium: 191.07mg (19.11%), Vitamin B2: 0.31mg (18.19%), Vitamin B5: 1.67mg (16.73%), Vitamin A: 682.58IU (13.65%), Vitamin B1: 0.18mg (12.05%), Vitamin B12: 0.68µg (11.26%), Potassium: 392.93mg (11.23%), Folate: 37.01µg (9.25%), Zinc: 1.3mg (8.69%), Magnesium: 34.38mg (8.59%), Iron: 1.3mg (7.23%), Vitamin E: 0.77mg (5.11%), Manganese: 0.1mg (5.02%), Copper: 0.1mg (4.82%), Vitamin D: 0.44µg (2.92%), Fiber: 0.51g (2.03%), Vitamin K: 1.93µg (1.84%), Vitamin C: 1.1mg (1.33%)