



Zombie Fingers

READY IN



45 min.

SERVINGS



3

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 servings carrots sliced
- 8 chicken tenderloins
- 0.1 teaspoon garlic powder
- 0.5 cup salad dressing italian
- 2 tablespoons parmesan cheese grated
- 7 saltines

Equipment

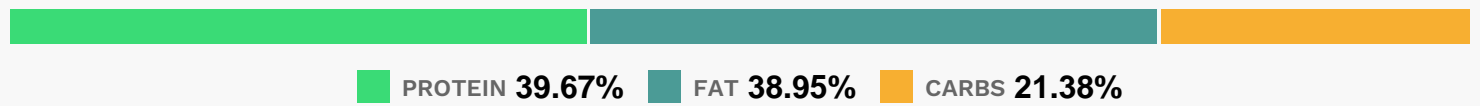
- food processor

- baking sheet
- oven
- blender

Directions

- Place crackers, cheese and garlic in a blender or food processor; blend until crumbly. Dip chicken in Italian dressing; roll in cracker mixture. Arrange on a lightly greased baking sheet and bake at 350 degrees for 20 minutes. Just before serving add a sliced carrot to the end of the chicken to resemble a fingernail.

Nutrition Facts



Properties

Glycemic Index:17.28, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:22.318260877029%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 315.95kcal (15.8%), Fat: 13.41g (20.63%), Saturated Fat: 2.56g (16.03%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 14.56g (5.29%), Sugar: 7.36g (8.18%), Cholesterol: 88.23mg (29.41%), Sodium: 712.03mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.73g (61.46%), Vitamin A: 10774.84IU (215.5%), Vitamin B3: 15.04mg (75.21%), Selenium: 45.43µg (64.9%), Vitamin B6: 1.12mg (56.14%), Phosphorus: 337.07mg (33.71%), Vitamin K: 32.48µg (30.94%), Potassium: 749.3mg (21.41%), Vitamin B5: 2.12mg (21.2%), Vitamin B2: 0.22mg (12.72%), Vitamin B1: 0.19mg (12.4%), Magnesium: 47.18mg (11.79%), Vitamin E: 1.63mg (10.88%), Manganese: 0.19mg (9.32%), Fiber: 2g (8%), Zinc: 1.15mg (7.67%), Folate: 27.13µg (6.78%), Vitamin C: 5.53mg (6.71%), Iron: 1.2mg (6.66%), Calcium: 63.77mg (6.38%), Vitamin B12: 0.32µg (5.3%), Copper: 0.08mg (4.2%)