



A Nutrition Resource

CHICKEN FINGERS

Yield: 4 Servings

Cost/Serving: \$1.03

Ingredients:

1-pound boneless chicken (2 breasts)

1/4 cup nonfat milk

1 cup whole wheat breadcrumbs

1/2 teaspoon salt

1/4 teaspoon pepper

Optional: 1/4 teaspoon garlic or onion powder or Italian seasoning

Directions:

- 1) Preheat oven to 350°F. Lightly grease cookie sheet.
- 2) Crush breadcrumbs in large plastic bag. If desired, add salt, pepper, and other spices. Pour onto large plate.
- 3) Remove skin and bone from chicken breast. Cut each breast into strips.
- 4) Pour milk into pie plate or shallow dish. Dip chicken strips in milk and then in breadcrumbs. Place chicken on lightly greased cookie sheet.
- 5) Bake at 350°F for 20 to 25 minutes.

Dip ideas: Ranch dressing, barbecue sauce, honey mustard, sweet and sour sauce, or ketchup.

Nutrition Facts

4 servings per container

Serving size (149g)

Amount per serving

Calories **200**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 250mg **11%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 30g

Vitamin D 0mcg **0%**

Calcium 19mg **2%**

Iron 3mg **15%**

Potassium 26mg **0%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

