



A Nutrition Resource

CHICKEN FINGERS

Yield: 4 Servings

Cost/Serving: \$1.08

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.

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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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