

VitaMin



Vital health information in a minute

ALMOND-CRUSTED CHICKEN FINGERS

Yield: 4 servings

Total time: 40 minutes

Ingredients

- › Canola oil cooking spray
- › ½ cup sliced almonds
- › ¼ cup whole-wheat flour
- › 1½ teaspoons paprika
- › ½ teaspoon garlic powder
- › ½ teaspoon dry mustard
- › ¼ teaspoon salt
- › ⅛ teaspoon freshly ground pepper
- › 1½ teaspoons extra-virgin olive oil
- › 4 large egg whites
- › 1 pound chicken tenders

How to make it

1. Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
2. Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.
3. Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.
4. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.

Nutrition information

Amount per serving

Serving size: 3 chicken fingers

Per serving:

- › Calories: 184
- › Fat: 7 g
- › Saturated fat: 1 g
- › Fiber: 1 g
- › Carbohydrate: 4 g
- › Protein: 26 g
- › Folate: 8 mcg
- › Cholesterol: 63 mg
- › Sugars: 0 g
- › Added sugars: 0 g
- › Vitamin A: 166 IU
- › Vitamin C: 0 mg
- › Calcium: 30 mg
- › Iron: 1 mg
- › Sodium: 147 mg
- › Potassium: 266 mg

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