



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
- ½ 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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