



WESTERN WISCONSIN HEALTH

BAKED CHICKEN STRIPS

- 1 1/2 lbs. chicken breast tenderloin or cutlets
- 1 can bran flakes cereal
- 3/4 C. corn flakes cereal
- 2 large egg whites
- 1/4 C. flour
- 1/4 tsp. cayenne pepper*
- 1/4 tsp. sea salt
- Cooking spray

Nutrition Facts

Serving Size (140g)		Servings Per Container	
Amount Per Serving			
Calories 180	Calories from Fat 20		
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 75mg			25%
Sodium 210mg			9%
Total Carbohydrate 12g			4%
Dietary Fiber 1g			4%
Sugars 2g			
Protein 29g			
Vitamin A 6%		Vitamin C 2%	
Calcium 0%		Iron 30%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Cut chicken tenderloins/cutlets into thin strips, about 1" wide if needed. Blend bran flakes and corn flakes in blender or food processor. Mix crumbs and seasonings well. Dip chicken pieces into egg mixture, and then dredge in crumb mixture. For crunchier texture, brown in pan on each side for 1 minute in 1 teaspoon oil. Place on baking sheet sprayed with cooking spray. Bake at 350° F. for 10 to 15 minutes or until internal temperature reaches 165°. Should be crispy on the outside and lightly browned.

*Try garlic powder, Italian seasoning, or chili powder for different flavors.

NUTRITION FACTS: Serving size: 4 oz per serving, 6 servings