

# BBQ Chicken Tenders



## INGREDIENTS

(Serves 4)

- 1 lb skinless chicken tenders
- 1 c Sweet Baby Ray's Honey BBQ Sauce (or  
BBQ sauce of your choice)
- 1 c Japanese Panko bread crumbs

**\*\*These tasted better than they look! My food photography needs work, obviously!**

# DIRECTIONS

1. Preheat oven to 375 F
2. Dip chicken in BBQ sauce
3. Coat chicken in bread crumbs
4. Line a baking sheet with parchment paper and space chicken tenders evenly. Bake for 15 minutes.
5. Remove from oven and brush both sides of chicken tenders using remaining BBQ sauce.
6. Bake 10 more minutes
7. Serve hot

\*\*This recipe can be used with a chicken breast to start. Just slice it into even strips first.

| <b>Nutrition Facts</b>   |               |
|--|---------------|
| 4 servings per container   |               |
| <b>Serving size</b>  | <b>(194g)</b> |
| <b>Amount Per Serving</b>  |               |
| <b>Calories</b>  | <b>290</b>    |
| <b>% Daily Value*</b>  |               |
| <b>Total Fat</b> 3.5g  | <b>4%</b>     |
| Saturated Fat 0.847g   | <b>4%</b>     |
| <i>Trans</i> Fat 0g  |               |
| <b>Cholesterol</b> 75mg  | <b>25%</b>    |
| <b>Sodium</b> 680mg  | <b>30%</b>    |
| <b>Total Carbohydrate</b> 38g  | <b>14%</b>    |
| Dietary Fiber 1g   | <b>4%</b>     |
| Total Sugars 28g   |               |
| Includes 0g Added Sugars   | <b>0%</b>     |
| <b>Protein</b> 24g   | <b>48%</b>    |
| Not a significant source of vitamin D, calcium, iron, and potassium  |               |
| *The % Daily Value (DV) 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. |               |