

Perfect Chicken Tenders

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-chicken-honey-italian-dressing>

Ingredients:

- 1 pound chicken tenders or cut chicken breasts
- 1 cup Italian dressing
- 4 teaspoons honey
- 2 teaspoons lime juice fresh or bottled

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 75 milligrams
4. Fat: 20 grams
5. Protein: 24 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1090 milligrams
8. Sugar: 10 grams

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