

Baked Italian Chicken Tenders

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-italian-chicken-tenders-recipe>

Ingredients:

- 1 cup seasoned bread crumbs or italian
- 1/2 cup grated Parmesan cheese
- 1 1/2 teaspoons dried basil
- 1 1/2 teaspoons dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 1/2 pounds chicken tenders
- 1/2 cup butter melted

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 255 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 67 grams
7. SaturatedFat: 20 grams
8. Sodium: 1160 milligrams
9. Sugar: 1 grams

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