

# Oven Chicken Fingers

Yield: 6 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-fingers-recipe-italian-bread-crumbs>

## Ingredients:

- 1 cup Italian bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 garlic clove minced
- 1/4 cup vegetable oil
- 6 boneless skinless chicken breast halves
- sauce CRANBERRY ORANGE
- 1/4 cup sugar
- 2 teaspoons cornstarch
- 1/2 cup frozen cranberries or fresh
- 1/2 cup orange juice
- 1/4 cup water
- honey mustard sauce
- 2 tablespoons cornstarch
- 1 cup water divided
- 1/2 cup honey
- 1/4 cup prepared mustard

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 590 milligrams
9. Sugar: 37 grams

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