

{Baked} Chicken Fingers

Yield: 30 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chineses-polynesian-pu-pu-chicken-fingers-massachusetts-recipe>

Ingredients:

- 10 boneless skinless chicken tenderloins sliced into strips, I bought the individually packaged Purdue chicken tenderloins & each pack...
- 2 cups panko breadcrumbs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 eggs

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 45 milligrams
4. Fat: 1.5 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 135 milligrams

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