

# Ranch Chicken Bites

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- 1 pound chicken tenders cut into pieces
- 1/4 cup ranch Hidden Valley The Original
- 1 pinch salt
- 3 dashes ground black pepper
- 1/2 cup panko crumbs
- 1/4 cup grated Parmesan cheese

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 85 milligrams
4. Fat: 13 grams
5. Protein: 27 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 430 milligrams
8. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Ranch Chicken Bites above. You can see more 19 italian ranch chicken strips recipe Unlock flavor sensations! to get more great cooking ideas.