

Cheddar Bacon Chicken Fingers

Ingredients

- 3 eggs
- 2 cups plain panko breadcrumbs
- Several dashes salt and pepper
- 1 cup finely shredded Cheddar cheese
- 6 slices bacon, cooked and chopped into tiny pieces
- 2-2.5 lbs. chicken tenderloins

Instructions

Heat the oven to 400°F. Spray a large baking sheet with cooking spray.

In a shallow bowl, beat the egg. In a medium bowl, stir together the breadcrumbs, salt, pepper, shredded cheese, and bacon. Dip each chicken tender into the egg, then coat in the breadcrumb mixture. Place on the baking sheet.

Bake for 20 minutes or until the chicken is no longer pink in the center and the breadcrumbs are golden brown. Yield: 6 servings.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.



Nutrition Facts

Servings: 6

Amount per serving

Calories **440**

% Daily Value*

Total Fat 23.5g **30%**

Saturated Fat 8.8g **44%**

Cholesterol 136mg **45%**

Sodium 1000mg **43%**

Total Carbohydrate 31.6g **11%**

Dietary Fiber 2g **7%**

Total Sugars 2.6g

Protein 24.2g

Vitamin D 10mcg **50%**

Calcium 222mg **17%**

Iron 3mg **16%**

Potassium 297mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**