



Apricot-Glazed Coconut-Chicken Bites

 Gluten Free

READY IN



50 min.

SERVINGS



36

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 cup condensed milk sweetened
- ☐ 2 tablespoons dijon mustard
- ☐ 0.7 cup coconut flakes flaked
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon paprika
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.5 cup alouette garlic & herbs spreadable cheese

- ☐ 2 tablespoons honey
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon vinegar white
- ☐ 1 serving mustard hot
- ☐ 1.5 cups frangelico

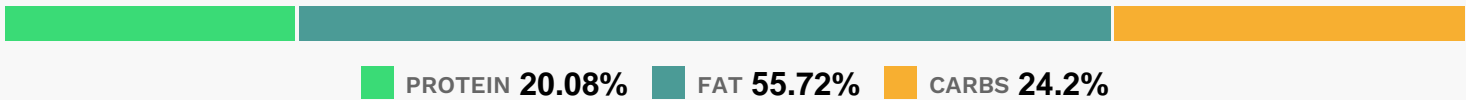
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 425°.
- ☐ Spread 2 tablespoons of the melted butter 15x10x1-inch baking pan.
- ☐ Mix sweetened condensed milk and 2 tablespoons Dijon mustard.
- ☐ Mix Bisquick, coconut, salt and paprika. Dip chicken into milk mixture, then coat with Bisquick mixture.
- ☐ Place coated chicken in pan.
- ☐ Drizzle remaining butter over chicken.
- ☐ Bake uncovered 20 minutes.
- ☐ Meanwhile, in small bowl, stir together spreadable fruit, honey, 2 tablespoons Dijon mustard and the vinegar. Turn chicken; brush with apricot mixture.
- ☐ Bake 10 to 15 minutes longer or until chicken is no longer pink in center and glaze is bubbly.
- ☐ Serve with hot mustard.

Nutrition Facts



Properties

Glycemic Index:7.62, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:1.99956519675%

Nutrients (% of daily need)

Calories: 65.45kcal (3.27%), Fat: 4.14g (6.36%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.7g (1.34%), Sugar: 3.41g (3.79%), Cholesterol: 12.92mg (4.31%), Sodium: 104.75mg (4.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Selenium: 5.58µg (7.97%), Vitamin B3: 1.35mg (6.74%), Vitamin B6: 0.1mg (5.18%), Phosphorus: 42.92mg (4.29%), Manganese: 0.05mg (2.73%), Vitamin B5: 0.23mg (2.32%), Potassium: 75.56mg (2.16%), Vitamin B2: 0.03mg (2.02%), Vitamin A: 86.48IU (1.73%), Magnesium: 6.79mg (1.7%), Calcium: 14.9mg (1.49%), Fiber: 0.35g (1.38%), Vitamin B1: 0.02mg (1.1%), Zinc: 0.16mg (1.07%)