



Apricot-Glazed Coconut-Chicken Bites



Gluten Free



Popular

READY IN



50 min.

SERVINGS



36

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.7 cup coconut flakes flaked
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup fruit
- ☐ 2 tablespoons honey
- ☐ 36 servings mustard hot
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt

- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.5 cup condensed milk sweetened
- ☐ 1 tablespoon vinegar white
- ☐ 1.5 cups frangelico
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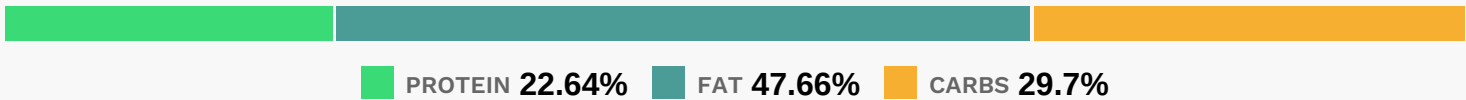
Equipment

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

Directions

- ☐ Heat oven to 42
- ☐ 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:6.73, Glycemic Load:1.93, Inflammation Score:-1, Nutrition Score:2.3521739276855%

Nutrients (% of daily need)

Calories: 58.87kcal (2.94%), Fat: 3.18g (4.9%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.89g (1.42%), Sugar: 3.84g (4.27%), Cholesterol: 9.51mg (3.17%), Sodium: 132.16mg (5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Selenium: 6.95µg (9.93%), Vitamin B3: 1.38mg (6.91%), Vitamin B6: 0.11mg (5.34%), Phosphorus: 47.66mg (4.77%), Manganese: 0.07mg (3.61%), Vitamin B5: 0.25mg (2.46%), Potassium: 84.53mg (2.42%), Fiber: 0.57g (2.29%), Vitamin B2: 0.04mg (2.23%), Magnesium: 8.89mg (2.22%), Vitamin A: 99.28IU (1.99%), Calcium: 17.6mg (1.76%), Vitamin B1: 0.02mg (1.63%), Zinc: 0.19mg (1.26%), Iron: 0.22mg (1.23%), Copper: 0.02mg (1.2%)