



Asian Chicken Tenders with Zesty Lemon Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground ginger
- 1 tablespoon honey
- 0.5 teaspoon lemon zest grated
- 1 cup panko bread crumbs crispy
- 1 lb chicken breast boneless skinless
- 2 tablespoons soya sauce

0.5 cup soy sauce

Equipment

bowl

frying pan

oven

aluminum foil

Directions

Cut each chicken breast across grain into 8 (1/2-inch-thick) slices. In medium bowl, mix soy sauce, honey, ginger and garlic powder.

Add chicken; stir gently until coated.

Let stand 20 minutes to marinate.

Heat oven to 400F. Line 15x10x1-inch pan with foil; spray foil with cooking spray.

Place bread crumbs in shallow dish.

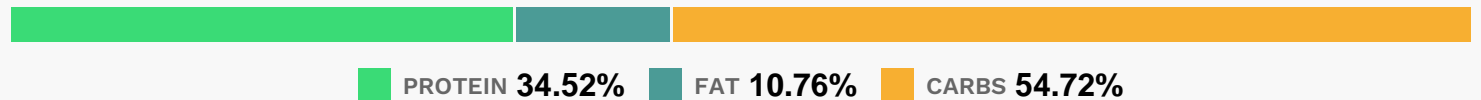
Drain off any remaining soy sauce mixture from chicken. Toss chicken pieces in bread crumbs to coat; arrange in single layer in pan.

Bake 5 minutes. Turn chicken; bake 5 to 7 minutes longer or until golden brown and crisp.

In small bowl, stir together sweet-and-sour sauce and lemon peel.

Serve chicken with sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:4.6308695408313%

Nutrients (% of daily need)

Calories: 109.15kcal (5.46%), Fat: 1.25g (1.92%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 14.04g (5.1%), Sugar: 8.9g (9.88%), Cholesterol: 24.19mg (8.06%), Sodium: 422.16mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Vitamin B3: 4.4mg (22.02%), Selenium: 13.46µg

(19.22%), Vitamin B6: 0.3mg (14.86%), Phosphorus: 92.01mg (9.2%), Vitamin B5: 0.58mg (5.8%), Vitamin B1: 0.07mg (4.98%), Manganese: 0.1mg (4.82%), Potassium: 158.91mg (4.54%), Vitamin B2: 0.06mg (3.73%), Magnesium: 13.45mg (3.36%), Iron: 0.48mg (2.67%), Zinc: 0.31mg (2.09%), Folate: 7.49µg (1.87%), Vitamin B12: 0.09µg (1.55%), Copper: 0.03mg (1.42%), Calcium: 12mg (1.2%), Fiber: 0.28g (1.11%)