



Baked Honey-Mustard Chex Chicken Fingers

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups cornflakes
- ☐ 0.5 cup honey
- ☐ 2 tablespoons honey
- ☐ 0.5 cup mayonnaise
- ☐ 1 lb chicken breast boneless skinless cut into strips
- ☐ 0.3 cup mustard yellow
- ☐ 2 tablespoons mustard yellow

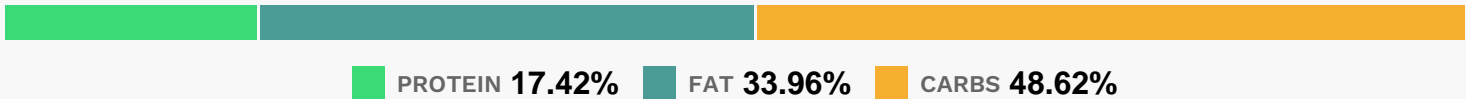
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Heat oven to 375F. Line 2 cookie sheets with cooking parchment paper.
- ☐ Place cereal in large food-storage plastic bag; crush cereal using rolling pin.
- ☐ Place cereal in wide shallow dish. In another wide shallow dish, stir together mayonnaise, 1/2 cup honey and 1/3 cup mustard.
- ☐ Dip chicken strips in mayonnaise mixture, then in crushed cereal to coat; place on cookie sheets, spacing chicken evenly apart.
- ☐ Bake 1 sheet at a time about 25 minutes or until chicken is no longer pink in center and coating is crisp.
- ☐ Remove from oven; cool slightly before serving.
- ☐ Meanwhile, stir together 2 tablespoons each honey and mustard.
- ☐ Serve chicken with sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:36.42, Glycemic Load:15.26, Inflammation Score:-7, Nutrition Score:20.768695675808%

Nutrients (% of daily need)

Calories: 431.72kcal (21.59%), Fat: 16.67g (25.64%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 51.89g (18.87%), Sugar: 31.97g (35.53%), Cholesterol: 56.22mg (18.74%), Sodium: 618.92mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.47%), Vitamin B3: 13.05mg (65.23%), Vitamin B6: 1.09mg (54.52%), Iron: 8.86mg (49.21%), Selenium: 33.63µg (48.04%), Vitamin B2: 0.53mg (31.21%), Vitamin B1: 0.46mg (30.74%), Vitamin K: 30.86µg (29.39%), Folate: 105.94µg (26.49%), Vitamin B12: 1.57µg (26.23%), Phosphorus: 212.99mg (21.3%), Vitamin B5: 1.25mg (12.54%), Vitamin A: 548.26IU (10.97%), Potassium:

377.07mg (10.77%), Magnesium: 40.51mg (10.13%), Vitamin C: 7.04mg (8.53%), Manganese: 0.17mg (8.32%),
Vitamin D: 1.12µg (7.47%), Fiber: 1.8g (7.22%), Zinc: 0.94mg (6.3%), Vitamin E: 0.86mg (5.7%), Copper: 0.11mg (5.3%),
Calcium: 20.65mg (2.07%)