



Chicken Fingers with Apple Butter-Peanut Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 servings apple butter-peanut sauce
- 3 tablespoons butter melted
- 1 pound skinned and boned chicken breast halves
- 1 large eggs beaten
- 0.3 cup flour all-purpose
- 0.5 cup italian-seasoned breadcrumbs
- 0.3 cup milk
- 0.5 teaspoon pepper

- 0.3 teaspoon salt
- 1 teaspoon salt
- 0.3 cup sesame seed

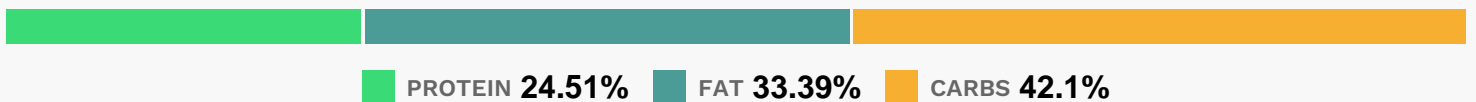
Equipment

- frying pan
- oven
- ziploc bags
- wooden skewers

Directions

- Cut chicken into 1/4" lengthwise strips.
- Combine flour, 1 teaspoon salt, and pepper in a large zip-top plastic bag.
- Add chicken strips, seal bag, and shake to coat.
- Combine egg and milk in a shallow dish, stirring well.
- Combine breadcrumbs, sesame seeds, and 1/4 teaspoon salt in a shallow dish. Dip chicken strips in egg mixture, and dredge in breadcrumb mixture.
- Place in a lightly greased 13" x 9" pan; drizzle with butter.
- Cover and bake at 425 for 20 minutes; uncover and bake 18 to 20 more minutes or until done.
- Serve with Apple Butter-Peanut Sauce, using short wooden skewers.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:9.538695651552%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 201.27kcal (10.06%), Fat: 7.64g (11.75%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 19.49g (7.09%), Sugar: 12.23g (13.59%), Cholesterol: 48.67mg (16.22%), Sodium: 476.19mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Selenium: 20.41µg (29.15%), Vitamin B3: 5.57mg (27.86%), Vitamin B6: 0.43mg (21.4%), Phosphorus: 158.18mg (15.82%), Vitamin B1: 0.18mg (11.98%), Manganese: 0.23mg (11.26%), Copper: 0.22mg (11.13%), Vitamin B2: 0.17mg (9.85%), Potassium: 315.12mg (9%), Fiber: 2.19g (8.75%), Vitamin B5: 0.86mg (8.61%), Iron: 1.53mg (8.52%), Magnesium: 33.94mg (8.49%), Calcium: 69.79mg (6.98%), Folate: 24.38µg (6.09%), Zinc: 0.8mg (5.32%), Vitamin A: 251.86IU (5.04%), Vitamin K: 3.67µg (3.5%), Vitamin B12: 0.2µg (3.41%), Vitamin E: 0.5mg (3.31%), Vitamin C: 1.93mg (2.35%), Vitamin D: 0.23µg (1.57%)