



 **53%**
HEALTH SCORE

Chicken Fingers With Curried Ketchup

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch broccoli cut into florets
- 2 teaspoons curry powder
- 1 tablespoon dijon mustard
- 2 large eggs
- 1 teaspoon ground cumin
- 1 juice of lime
- 0.8 cup catsup
- 4 servings kosher salt

- 2 cups panko bread crumbs (Japanese breadcrumbs)
- 1.5 pounds chicken breasts boneless skinless cut into 1-inch-wide strips

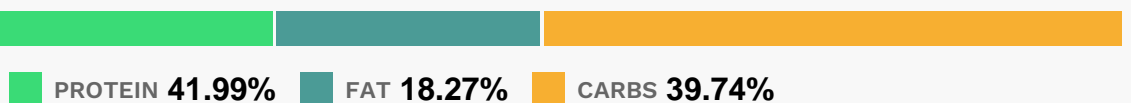
Equipment

- bowl
- baking sheet
- oven
- whisk
- pot

Directions

- Preheat the oven to 400 degrees F. Set a rack on a baking sheet and mist with cooking spray.
- Whisk the eggs, mustard, 1 teaspoon curry powder, the cumin and 1 teaspoon salt in a shallow bowl.
- Mix the panko with 1/2 teaspoon curry powder in another bowl.
- Dip the chicken strips in the egg mixture, letting the excess drip off, then coat with the panko.
- Place the chicken on the rack and mist all over with cooking spray.
- Bake until golden brown and cooked through, about 20 minutes.
- Meanwhile, bring about 1 inch of water to a boil in a large pot with a steamer rack or basket in place.
- Add the broccoli, cover and steam until crisp-tender, 8 to 10 minutes.
- Mix the ketchup, lime juice and the remaining 1/2 teaspoon curry powder in a small bowl.
- Serve the chicken strips with the curried ketchup and broccoli.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:41.558260565219%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 454.58kcal (22.73%), Fat: 9.36g (14.4%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 45.83g (15.28%), Net Carbohydrates: 39.82g (14.48%), Sugar: 14.34g (15.93%), Cholesterol: 201.86mg (67.29%), Sodium: 1147.27mg (49.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.43g (96.86%), Vitamin C: 141.89mg (171.99%), Vitamin K: 159.91µg (152.3%), Selenium: 75.26µg (107.52%), Vitamin B3: 21.45mg (107.27%), Vitamin B6: 1.71mg (85.45%), Phosphorus: 579.31mg (57.93%), Vitamin B2: 0.67mg (39.17%), Potassium: 1368.24mg (39.09%), Vitamin B5: 3.89mg (38.85%), Folate: 153.07µg (38.27%), Manganese: 0.75mg (37.45%), Vitamin B1: 0.54mg (35.76%), Vitamin A: 1386.46IU (27.73%), Magnesium: 104.67mg (26.17%), Iron: 4.48mg (24.88%), Fiber: 6.01g (24.05%), Vitamin E: 2.72mg (18.12%), Zinc: 2.54mg (16.93%), Calcium: 168.56mg (16.86%), Copper: 0.27mg (13.53%), Vitamin B12: 0.67µg (11.13%), Vitamin D: 0.67µg (4.47%)