



Chicken Strips with Honey Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 4 chicken breasts halves bone-in
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup dijon mustard
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 large eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup honey

- ☐ 0.3 teaspoon hot sauce
- ☐ 0.5 cup sesame seed
- ☐ 2 teaspoons soya sauce

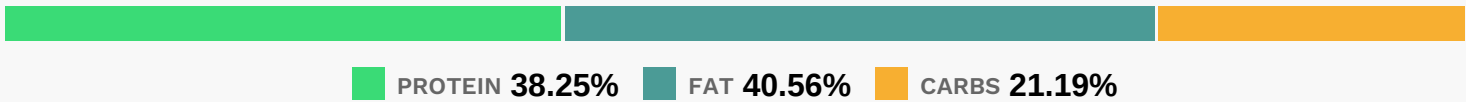
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Remove and discard skin and bones from chicken.
- ☐ Cut chicken into strips.
- ☐ Whisk together egg and next 2 ingredients in a bowl; add chicken, coating well.
- ☐ Let stand 5 minutes.
- ☐ Combine sesame seeds, bread-crumbs, and garlic powder in a large zip-top plastic bag.
- ☐ Add chicken, seal bag, and shake to coat.
- ☐ Place chicken on a lightly greased baking sheet; drizzle with butter.
- ☐ Broil 5 1/2 inches from heat 5 minutes on each side or until golden.
- ☐ Stir together mustard, honey, and hot sauce.
- ☐ Serve with chicken strips.

Nutrition Facts



Properties

Glycemic Index:34.82, Glycemic Load:10, Inflammation Score:-7, Nutrition Score:31.836521651434%

Nutrients (% of daily need)

Calories: 579.2kcal (28.96%), Fat: 26.23g (40.35%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 26.84g (9.76%), Sugar: 18.42g (20.47%), Cholesterol: 191.14mg (63.71%), Sodium: 948.21mg (41.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.65g (111.29%), Selenium: 95.23µg (136.04%), Vitamin B3: 25.2mg (126%), Vitamin B6: 1.91mg (95.52%), Phosphorus: 671.04mg (67.1%), Copper: 0.89mg (44.52%), Magnesium: 146.21mg (36.55%), Manganese: 0.73mg (36.36%), Vitamin B5: 3.59mg (35.9%), Potassium: 1027.8mg (29.37%), Vitamin B1: 0.43mg (28.44%), Iron: 4.8mg (26.65%), Calcium: 238.45mg (23.85%), Vitamin B2: 0.39mg (23.2%), Zinc: 3.29mg (21.96%), Fiber: 3.97g (15.89%), Folate: 43.76µg (10.94%), Vitamin A: 535.08IU (10.7%), Vitamin B12: 0.6µg (9.96%), Vitamin E: 1.05mg (7%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.48µg (3.17%), Vitamin K: 1.41µg (1.34%)