



Chicken Strips with Sweet and Sour Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 6 tablespoons buttermilk
- 1.5 teaspoons dill dried
- 1.5 cups saltines dry fine
- 2 large eggs
- 1 teaspoon sea salt
- 1 cup granulated sugar
- 0.5 cup catsup
- 0.5 cup butter melted

- 0.3 cup parmesan grated
- 0.5 cup pineapple juice frozen
- 4 drops food coloring red
- 0.3 teaspoon salt
- 1 teaspoon lawry's seasoned salt
- 2 teaspoons lawry's seasoned salt
- 2 lbs chicken breast boneless skinless
- 4 teaspoons soya sauce
- 2.5 teaspoons tapioca flour
- 0.3 cup water cold
- 1 cup vinegar white

Equipment

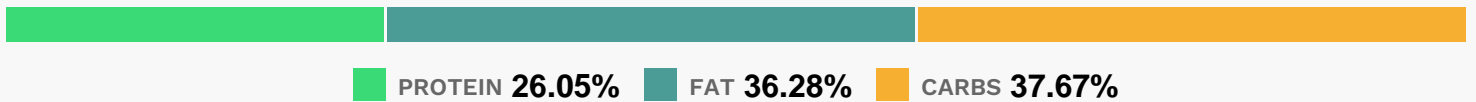
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- mixing bowl
- wax paper
- rolling pin

Directions

- Remove all fat from chicken breasts and discard.
- Place each chicken breast between 2 sheets of wax paper and pound with a rolling pin or flat hammer to about 1/2 inch thickness.
- Cut chicken into 1 inch strips. In a small mixing bowl, whisk together eggs and buttermilk. In a separate bowl, mix together bread crumbs, parmesan cheese, granulated garlic powder, salt, pepper and dill weed. Preheat oven to 400 F degrees. Dip each piece of chicken in buttermilk mixture and then into crumb mixture until coated on all surfaces.

- Place chicken strips in a single layer on a baking sheet or cookie sheet.
- Drizzle with melted margarine or butter.
- Bake in preheated 400 F oven for 10 minutes. Turn chicken strips over and continue to bake for another 5 minutes or until chicken is golden in color or until cooked through.
- Serve with Sweet and Sour Sauce as a dip. SAUCE-----In a medium size saucepan, add white vinegar, granulated sugar and bring to boil, stirring frequently to dissolve, about 3 minutes.
- Add pineapple juice, Accent, ketchup, soy sauce, seasoning salt, granulated garlic powder and bring to boil; stir until blended.
- Add red food coloring and stir to blend. In a small bowl, mix together cold water and tapioca starch until smooth. While sugar mixture is boiling, slowly add tapioca starch mixture, stirring continuously until sauce thickens slightly. If desired, you can add about 1/2 cup of crushed pineapple or chunky pineapple to sauce mixture near the end of cooking for a pineapple taste.

Nutrition Facts



Properties

Glycemic Index: 46.02, Glycemic Load: 24.75, Inflammation Score: -7, Nutrition Score: 22.271304286045%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 610.72kcal (30.54%), Fat: 24.34g (37.45%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 56.16g (20.42%), Sugar: 40.65g (45.17%), Cholesterol: 164.19mg (54.73%), Sodium: 2314.25mg (100.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.67%), Vitamin B3: 17.44mg (87.19%), Selenium: 57.84µg (82.63%), Vitamin B6: 1.26mg (63%), Phosphorus: 441.36mg (44.14%), Vitamin B5: 2.63mg (26.32%), Vitamin B2: 0.42mg (24.42%), Potassium: 749.87mg (21.42%), Vitamin A: 998.99IU (19.98%), Manganese: 0.37mg (18.4%), Vitamin B1: 0.26mg (17.11%), Magnesium: 58.62mg (14.65%), Iron: 2.31mg (12.84%), Calcium: 124.46mg (12.45%), Folate: 44.97µg (11.24%), Vitamin E: 1.57mg (10.49%), Vitamin B12: 0.62µg (10.35%), Zinc: 1.53mg (10.21%), Copper: 0.13mg (6.55%), Vitamin C: 4.77mg (5.78%), Vitamin K: 5.73µg (5.46%), Vitamin D: 0.71µg (4.72%), Fiber: 0.72g (2.89%)