



Coconut-Chicken Dippers

 Gluten Free

READY IN



29 min.

SERVINGS



29

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 1 cup baker's angel flake coconut toasted
- 0.3 tsp curry powder and ground pepper red (cayenne)
- 2 Tbsp mango chutney
- 0.5 cup miracle whip dressing
- 1 lb chicken breasts boneless skinless cut into 1-inch-wide strips
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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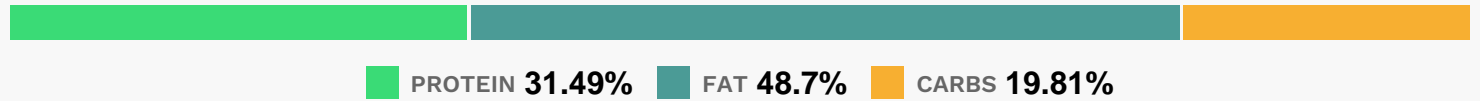
Equipment

- frying pan
- oven

Directions

- Heat oven to 400F.
- Combine coating mix, coconut and dry seasonings in pie plate. Beat egg in second pie plate until blended.
- Dip chicken in egg, then coating mixture, turning to evenly coat both sides of each strip with each ingredient; place in 15x10x1-inch pan sprayed with cooking spray. Discard any remaining coating mix.
- Bake 12 to 14 min. or until chicken is done. Meanwhile, mix MIRACLE WHIP and chutney until blended.
- Serve chicken with MIRACLE WHIP mixture.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:2.1765217312976%

Nutrients (% of daily need)

Calories: 46.93kcal (2.35%), Fat: 2.56g (3.94%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.76g (0.64%), Sugar: 1.34g (1.49%), Cholesterol: 16.05mg (5.35%), Sodium: 56.48mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Selenium: 6.04µg (8.63%), Vitamin B3: 1.65mg (8.26%), Vitamin B6: 0.13mg (6.45%), Phosphorus: 42.43mg (4.24%), Manganese: 0.08mg (4.23%), Vitamin B5: 0.27mg (2.7%), Fiber: 0.58g (2.33%), Potassium: 79.36mg (2.27%), Magnesium: 6.99mg (1.75%), Vitamin B2: 0.03mg (1.56%), Copper: 0.03mg (1.51%), Zinc: 0.17mg (1.14%), Iron: 0.2mg (1.1%)