



## Cook the Book: Crispy Chicken Fingers

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 0.5 cup buttermilk
- ☐ 4 cups cornflakes
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 1.3 pounds chicken breast halves boneless skinless

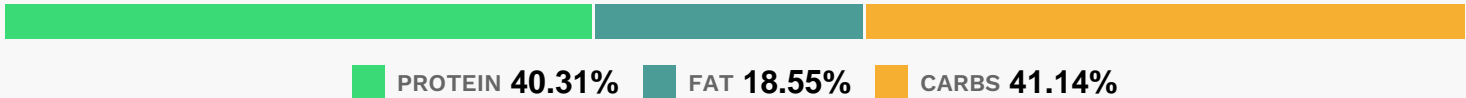
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ rolling pin

# Directions

- ☐ Preheat the oven to 400°F.
- ☐ Combine the chicken and buttermilk in a shallow dish. turning the chicken to coat it with the buttermilk. Cover and chill for 15 minutes. Coat two baking sheets with cooking spray.
- ☐ Put the cereal in a sealable plastic bag and crush with a rolling pin.
- ☐ Transfer the crumbs to a shallow dish and season them with the salt and pepper. Dip each piece of chicken in the cereal to fully coat and arrange on the prepared baking sheets.
- ☐ Bake until cooked through, about 8 minutes. Leave the chicken on the baking sheets to cool slightly. It will become crispier.
- ☐ Serve with the mustard sauce on the side.
- ☐ Honey-Mustard Sauce
- ☐ This sauce also makes an incredible sandwich spread. It will keep about a week in the refrigerator.
- ☐ In a small bowl. stir together the mustard and mayonnaise until smooth. Stir in the honey.

# Nutrition Facts



# Properties

Glycemic Index:49.32, Glycemic Load:5.04, Inflammation Score:-7, Nutrition Score:26.454348035481%

# Nutrients (% of daily need)

Calories: 338.39kcal (16.92%), Fat: 6.97g (10.73%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 32.95g (11.98%), Sugar: 13.05g (14.5%), Cholesterol: 94.86mg (31.62%), Sodium: 786.76mg (34.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.18%), Vitamin B3: 19.95mg (99.76%), Selenium: 55.98µg (79.97%), Vitamin B6: 1.59mg (79.54%), Iron: 9.01mg (50.04%), Phosphorus: 375.02mg (37.5%), Vitamin B2: 0.64mg (37.47%), Vitamin B1: 0.52mg (34.63%), Vitamin B12: 1.82µg (30.4%), Folate: 108.9µg (27.22%), Vitamin B5: 2.27mg (22.71%), Potassium: 649.35mg (18.55%), Magnesium: 61.01mg (15.25%), Vitamin A: 608.27IU (12.17%), Vitamin D: 1.54µg (10.29%), Vitamin C: 7.72mg (9.35%), Zinc: 1.38mg (9.17%), Manganese: 0.17mg (8.41%), Fiber: 1.84g (7.37%), Copper: 0.12mg (6.06%), Calcium: 57.05mg (5.71%), Vitamin K: 3.99µg (3.8%), Vitamin E: 0.46mg (3.08%)