



## Crispy Chicken Fingers

READY IN



43 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 cups whole-grain corn cereal (recommended: Corn Chex or cornflakes)
- ☐ 0.5 cup dijon mustard
- ☐ 3 tablespoons honey
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1 tablespoon mayonnaise
- ☐ 4 servings pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1.3 pound chicken breasts boneless skinless

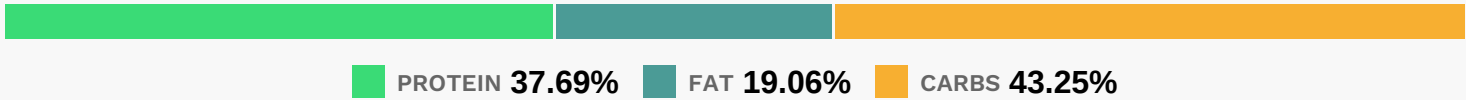
# Equipment

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

# Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Combine the chicken and buttermilk in a shallow dish. Cover and chill for 15 minutes.
- ☐ Spray a baking sheet with cooking spray.
- ☐ Put the cereal in a sealed plastic bag and crush with a rolling pin.
- ☐ Transfer the crumbs to a shallow dish. Season the chicken with the salt and a few grinds of pepper. Dip each piece of chicken in the cereal to fully coat and arrange on the baking sheet.
- ☐ Bake until cooked through, about 8 minutes. Leave the chicken on the baking sheet to cool slightly. It will become crispier.
- ☐ Serve with the mustard sauce.
- ☐ In a small bowl, stir together the mustard and mayonnaise until smooth. Stir in the honey.

# Nutrition Facts



# Properties

Glycemic Index:41.57, Glycemic Load:6.89, Inflammation Score:-7, Nutrition Score:27.187391156736%

# Nutrients (% of daily need)

Calories: 364.47kcal (18.22%), Fat: 7.78g (11.97%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 37.38g (13.59%), Sugar: 17.49g (19.43%), Cholesterol: 93.39mg (31.13%), Sodium: 923.54mg (40.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.2%), Vitamin B3: 20.01mg (100.04%),

Selenium: 59.08µg (84.4%), Vitamin B6: 1.6mg (79.95%), Iron: 9.21mg (51.17%), Phosphorus: 388.07mg (38.81%), Vitamin B2: 0.64mg (37.7%), Vitamin B1: 0.54mg (35.69%), Vitamin B12: 1.75µg (29.23%), Folate: 109.82µg (27.45%), Vitamin B5: 2.28mg (22.78%), Potassium: 673.74mg (19.25%), Magnesium: 66.54mg (16.63%), Vitamin A: 581.63IU (11.63%), Manganese: 0.22mg (11.23%), Vitamin C: 8.08mg (9.8%), Zinc: 1.47mg (9.79%), Fiber: 2.32g (9.28%), Vitamin D: 1.16µg (7.71%), Calcium: 64.65mg (6.47%), Copper: 0.13mg (6.39%), Vitamin K: 6.65µg (6.33%), Vitamin E: 0.54mg (3.62%)