



Crispy Chicken Strips with Honey Mustard

READY IN



40 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup honey
- ☐ 1 cup panko bread crumbs
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into 3/4-inch strips

☐ 3 tablespoons butter unsalted melted

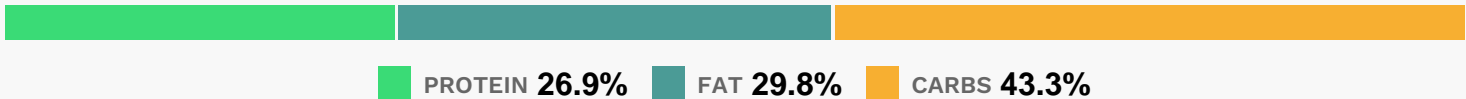
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 425F; mist a baking sheet with cooking spray. In a bowl, combine panko, Parmesan, garlic powder, thyme and 1/4 tsp. salt.
- ☐ Season chicken with pepper and remaining salt.
- ☐ Pour butter into a bowl. Dip a strip of chicken in butter; allow excess to drip off.
- ☐ Transfer strip to crumb mixture, turning to coat.
- ☐ Transfer to baking sheet. Repeat with remaining chicken, butter and crumbs.
- ☐ Bake, turning once, until strips are golden, about 20 minutes. Put honey in a medium bowl and microwave until hot, 15 to 30 seconds. Stir in mustard.
- ☐ Serve chicken hot, with honey-mustard for dipping.

Nutrition Facts



Properties

Glycemic Index:37.07, Glycemic Load:18.35, Inflammation Score:-5, Nutrition Score:16.182173749675%

Nutrients (% of daily need)

Calories: 428.04kcal (21.4%), Fat: 14.4g (22.16%), Saturated Fat: 7.29g (45.55%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 45.55g (16.56%), Sugar: 36g (40%), Cholesterol: 99.4mg (33.13%), Sodium: 806.39mg (35.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.5%), Selenium: 47.27µg (67.53%), Vitamin B3: 12.99mg (64.95%), Vitamin B6: 0.9mg (44.93%), Phosphorus: 328.58mg (32.86%), Vitamin B5: 1.82mg (18.19%), Vitamin B1: 0.25mg (16.76%), Manganese: 0.29mg (14.74%), Potassium: 508.75mg (14.54%), Vitamin B2: 0.23mg (13.27%), Calcium: 124.6mg (12.46%), Magnesium: 47.93mg (11.98%), Iron: 1.74mg (9.65%), Zinc: 1.26mg (8.42%),

Vitamin A: 360.02IU (7.2%), Vitamin B12: 0.37µg (6.2%), Fiber: 1.53g (6.13%), Folate: 23.58µg (5.89%), Copper: 0.1mg (5.22%), Vitamin E: 0.55mg (3.65%), Vitamin K: 3.77µg (3.59%), Vitamin C: 1.67mg (2.02%), Vitamin D: 0.3µg (2.01%)