



Crispy Chicken with Honey Dipping Sauce

 Gluten Free

READY IN



29 min.

SERVINGS



29

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp creamy peanut butter
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup honey
- 1 cup miracle whip dressing
- 1.5 cups potato chips crushed finely
- 1.3 lb chicken breasts boneless skinless cut into 4 lengthwise strips

Equipment

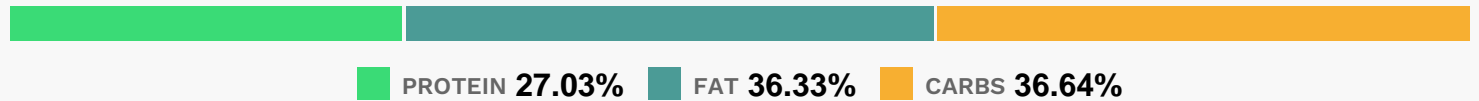
- baking sheet

oven

Directions

- Preheat oven to 425F.
- Mix dressing, honey, mustard and peanut butter until well blended.
- Remove 1 cup of the dressing mixture; set aside for later use.
- Brush chicken with remaining dressing mixture; coat with crushed chips.
- Place on greased baking sheet.
- Bake 8 min. Turn chicken over; bake an additional 5 to 6 min. or until lightly browned.
- Serve with the reserved 1 cup dressing mixture as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:3.39, Glycemic Load:1.29, Inflammation Score:-1, Nutrition Score:2.9147826433182%

Nutrients (% of daily need)

Calories: 69.17kcal (3.46%), Fat: 2.84g (4.37%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 6.03g (2.19%), Sugar: 3.45g (3.83%), Cholesterol: 13.3mg (4.43%), Sodium: 131.37mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Vitamin B3: 2.4mg (12.02%), Selenium: 6.79µg (9.7%), Vitamin B6: 0.18mg (8.81%), Phosphorus: 53.2mg (5.32%), Vitamin B5: 0.49mg (4.87%), Vitamin E: 0.6mg (3.99%), Potassium: 138.7mg (3.96%), Manganese: 0.05mg (2.75%), Magnesium: 10.27mg (2.57%), Vitamin B1: 0.03mg (1.69%), Fiber: 0.41g (1.63%), Vitamin B2: 0.03mg (1.61%), Vitamin C: 1.2mg (1.46%), Zinc: 0.2mg (1.35%), Copper: 0.02mg (1.1%), Iron: 0.19mg (1.04%)