



Crispy Coconut Chicken Fingers

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup butter melted
- 1 eggs lightly beaten
- 1 cup baker's angel flake coconut
- 0.5 cup flour
- 0.3 teaspoon garlic powder
- 0.5 teaspoon salt
- 1.5 pounds chicken breast halves boneless skinless cut into 1-inch strips

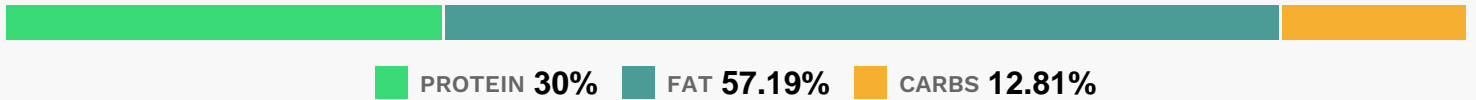
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 400 degrees F.
- Mix coconut, flour, salt, pepper and garlic powder in medium bowl. Dip chicken strips into egg, then coat with coconut mixture.
- Place in a shallow baking pan.
- Drizzle with melted butter.
- Bake 25 minutes or until chicken is browned and cooked through, turning once.
- Serve with Apricot Dipping Sauce, if desired.
- Mix 1 cup apricot preserves and 2 tablespoons Dijon mustard until well blended.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:3.9595652086579%

Nutrients (% of daily need)

Calories: 90.62kcal (4.53%), Fat: 5.76g (8.86%), Saturated Fat: 2.78g (17.35%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.28g (0.31%), Cholesterol: 24.96mg (8.32%), Sodium: 115.05mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Selenium: 11.18µg (15.97%), Vitamin B3: 3.13mg (15.67%), Vitamin B6: 0.23mg (11.4%), Phosphorus: 74.16mg (7.42%), Manganese: 0.12mg (6.14%), Vitamin B5: 0.47mg (4.75%), Potassium: 131.42mg (3.75%), Vitamin B2: 0.05mg (3.2%), Magnesium: 11.51mg (2.88%), Vitamin B1: 0.04mg (2.79%), Vitamin A: 131.29IU (2.63%), Fiber: 0.66g (2.62%), Iron: 0.38mg (2.11%), Copper: 0.04mg (2.07%), Zinc: 0.28mg (1.86%), Folate: 7.13µg (1.78%), Vitamin B12: 0.08µg (1.27%), Vitamin E: 0.19mg (1.26%)