



Crunchy Honey Roasted Chicken Fingers

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup roasted peanuts finely chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 3 chicken breast halves boneless skinless
- ☐ 1 eggs slightly beaten
- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup maple syrup
- ☐ 1.5 tablespoons mustard yellow
- ☐ 2 tablespoons honey

- ☐ 0.3 cup cream sour
- ☐ 0.7 cup frangelico

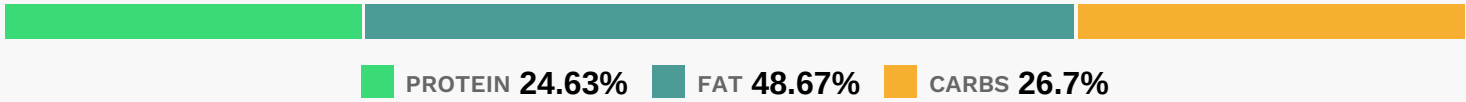
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oven to 450°F. Line cookie sheet with foil; spray with cooking spray.
- ☐ Mix Bisquick mix, peanuts and salt in 1-gallon resealable plastic food-storage bag. Dip half the chicken strips into egg; place in bag of Bisquick mixture. Seal bag; shake to coat.
- ☐ Place chicken on cookie sheet. Repeat with remaining chicken.
- ☐ Drizzle butter over chicken.
- ☐ Bake 12 to 14 minutes, turning after 6 minutes with pancake turner, until no longer pink in center.
- ☐ Meanwhile, in separate small bowls, mix Honey Mustard Dipping Sauce and Creamy Honey Dipping Sauce until each is well blended.
- ☐ Serve chicken fingers with dipping sauces.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:9.48, Inflammation Score:-5, Nutrition Score:14.940434889949%

Nutrients (% of daily need)

Calories: 376.44kcal (18.82%), Fat: 20.64g (31.75%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 24.13g (8.77%), Sugar: 21.29g (23.66%), Cholesterol: 103.64mg (34.55%), Sodium: 624.87mg

(27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47%), Vitamin B3: 10.74mg (53.7%), Selenium: 33.94µg (48.48%), Manganese: 0.8mg (39.97%), Vitamin B6: 0.7mg (34.89%), Phosphorus: 266.67mg (26.67%), Vitamin B2: 0.44mg (25.69%), Vitamin B5: 1.63mg (16.27%), Potassium: 504.79mg (14.42%), Magnesium: 52.69mg (13.17%), Vitamin A: 553.96IU (11.08%), Vitamin B1: 0.13mg (8.34%), Zinc: 1.12mg (7.5%), Calcium: 66.52mg (6.65%), Folate: 25.46µg (6.37%), Copper: 0.12mg (6.1%), Fiber: 1.35g (5.38%), Iron: 0.95mg (5.29%), Vitamin B12: 0.31µg (5.13%), Vitamin E: 0.68mg (4.51%), Vitamin D: 0.3µg (2.03%), Vitamin C: 1.24mg (1.51%)