



Crunchy, Oven Baked Chicken Toes

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup bread crumbs plain
- ☐ 2 tablespoons brown sugar
- ☐ 1.5 pounds chicken breast tenders cut into 2-inch pieces by gh grown-up helpers
- ☐ 1 cup corn flakes
- ☐ 2 eggs beaten
- ☐ 0.3 cup flour all-purpose

- ☐ 0.5 teaspoon ground allspice – the secret ingredient
- ☐ 0.3 cup dijon honey mustard recommended: Gulden's
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons vegetable oil

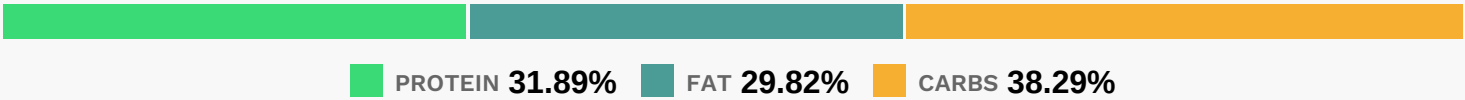
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Have your GH (Grown-up Helper) turn the oven on to 375 degrees F.
- ☐ In a pie pan or other shallow, large dish, pour out the corn flakes. Crush the cereal up with your hands.
- ☐ Mix in bread crumbs, sugar, salt, pepper, and allspice – your SECRET ingredient. Do not tell anybody what your secret ingredient is – ever! If they ask how you make your special chicken toes, tell them about everything EXCEPT the secret.
- ☐ Drizzle about 3 tablespoons vegetable oil evenly over the breading, tossing and turning it to mix the oil all through the bread crumbs and crushed-up corn flakes. Have the GH pour the oil out slowly. A vegetable oil bottle has a big opening so, 3 tablespoons will pour out pretty quickly, probably by the time you can count to 5, so watch the GH closely and count really loudly!
- ☐ Have your GH cut the chicken fingers into toes, 2-inch pieces. Turn the chicken in flour, eggs and then in the special crunchy breading. Arrange the chicken toes on a nonstick baking sheet. Make your GH go and wash their hands.
- ☐ Place the chicken toes in the oven and cook 15 minutes or until crisp and brown all over.
- ☐ Mix together honey mustard and barbecue sauce in a small bowl.
- ☐ Serve hot chicken toes with honey mustard and barbecue sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:5.8, Inflammation Score:-6, Nutrition Score:27.604347933894%

Nutrients (% of daily need)

Calories: 571.05kcal (28.55%), Fat: 18.4g (28.31%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 53.17g (17.72%), Net Carbohydrates: 51.17g (18.61%), Sugar: 17.32g (19.24%), Cholesterol: 190.7mg (63.57%), Sodium: 1322.65mg (57.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.28g (88.57%), Vitamin B3: 21.54mg (107.7%), Selenium: 72.43µg (103.47%), Vitamin B6: 1.49mg (74.55%), Phosphorus: 468.2mg (46.82%), Vitamin B1: 0.56mg (37.26%), Vitamin B2: 0.55mg (32.23%), Vitamin B5: 3.01mg (30.13%), Iron: 5.03mg (27.95%), Folate: 90.64µg (22.66%), Potassium: 791.05mg (22.6%), Manganese: 0.43mg (21.49%), Vitamin K: 21.71µg (20.67%), Magnesium: 67.14mg (16.79%), Vitamin B12: 0.98µg (16.34%), Zinc: 1.84mg (12.29%), Vitamin E: 1.57mg (10.47%), Copper: 0.18mg (9.02%), Calcium: 86.15mg (8.61%), Fiber: 2.01g (8.02%), Vitamin A: 337.61IU (6.75%), Vitamin D: 0.86µg (5.75%), Vitamin C: 3.72mg (4.5%)