



## Honey Dijon Chicken Nuggets

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup dijon mustard
- ☐ 0.8 teaspoon garlic powder
- ☐ 1.3 teaspoons ground pepper red
- ☐ 0.3 cup honey
- ☐ 2 cups pretzels crushed
- ☐ 24 ounce skinned cut into 1-inch pieces
- ☐ 1.5 cups no-sugar-added apricot spread

- ☐ 1 cup water
- ☐ 2 tablespoons water

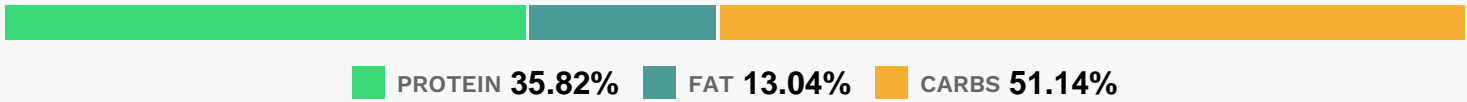
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Combine first 5 ingredients in a medium bowl; stir well. Measure 1 cup apricot mixture, and set aside.
- ☐ Dip chicken pieces in remaining apricot mixture; dredge in crushed pretzels.
- ☐ Place on 2 large baking sheets.
- ☐ Bake at 400 for 15 minutes or until chicken is done.
- ☐ Combine reserved 1 cup apricot mixture and 1 cup water in a medium saucepan. Bring to a boil; reduce heat, and simmer 3 minutes.
- ☐ Combine cornstarch and 2 tablespoons water; stir well.
- ☐ Add to hot apricot mixture. Cook, stirring constantly, until mixture is thickened.
- ☐ Serve sauce with chicken nuggets.

## Nutrition Facts



## Properties

Glycemic Index:13.62, Glycemic Load:9.29, Inflammation Score:-2, Nutrition Score:6.3378260628037%

## Nutrients (% of daily need)

Calories: 132.97kcal (6.65%), Fat: 1.8g (2.77%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.07g (5.48%), Sugar: 6.51g (7.24%), Cholesterol: 29.03mg (9.68%), Sodium: 277.73mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Vitamin B3: 5.36mg (26.81%), Selenium: 17.92µg

(25.6%), Vitamin B6: 0.36mg (18.06%), Phosphorus: 119.28mg (11.93%), Manganese: 0.15mg (7.53%), Vitamin B5: 0.71mg (7.12%), Vitamin B1: 0.09mg (6.08%), Potassium: 212.17mg (6.06%), Folate: 22.06µg (5.52%), Vitamin B2: 0.09mg (5.3%), Magnesium: 19.55mg (4.89%), Iron: 0.84mg (4.64%), Fiber: 0.79g (3.18%), Zinc: 0.45mg (3%), Copper: 0.04mg (2.08%), Vitamin A: 88.85IU (1.78%), Vitamin B12: 0.09µg (1.51%), Vitamin E: 0.22mg (1.44%), Calcium: 11.63mg (1.16%), Vitamin C: 0.96mg (1.16%)