



WHATSheATE



Honey Dijon Pretzel Chicken



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



16 ounces chicken breast thin



0.3 cup dijon mustard



1 tablespoon grainy dijon mustard



0.5 cup flour



1 clove garlic minced



3 tablespoons honey



2 tablespoons juice of lemon (-)



1 tablespoon miso paste white

- ☐ 2 tablespoons oil
- ☐ 1 cup panko breadcrumbs
- ☐ 1 cup pretzels crushed
- ☐ 4 servings salt and pepper to taste

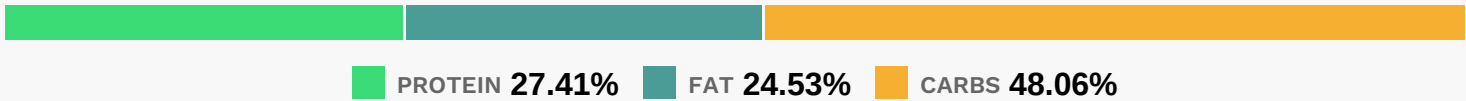
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Mix the honey, mustards, oil, lemon juice, miso and garlic, season with salt and pepper and divide in half. Season the chicken with salt and pepper, dredge in the flour, shake off excess, dip in half of the dressing, shake off excess, press into the mixture of the panko and pretzels and place on a wire cooling rack on a baking sheet.
- ☐ Bake in a preheated 400F oven until cooked (165F) and golden brown, about 15–25 minutes, depending on the size of the chicken breasts.
- ☐ Serve straight from the oven with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:91.32, Glycemic Load:28.83, Inflammation Score:-5, Nutrition Score:20.426086850788%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 454.92kcal (22.75%), Fat: 12.4g (19.08%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 54.65g (18.22%), Net Carbohydrates: 51.74g (18.81%), Sugar: 15.08g (16.75%), Cholesterol: 72.57mg (24.19%), Sodium: 1055.24mg (45.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.35%), Selenium: 53.35µg (76.21%), Vitamin B3: 14.98mg (74.89%), Vitamin B6: 0.93mg (46.37%), Phosphorus: 335.35mg (33.54%), Vitamin B1: 0.47mg (31.27%), Manganese: 0.59mg (29.58%), Folate: 89.38µg (22.34%), Vitamin B2: 0.35mg (20.47%), Vitamin B5: 1.93mg (19.32%), Iron: 3.28mg (18.25%), Potassium: 567.15mg (16.2%), Magnesium: 57.44mg (14.36%), Fiber: 2.91g (11.63%), Vitamin E: 1.64mg (10.9%), Zinc: 1.47mg (9.82%), Copper: 0.16mg (8.2%), Vitamin K: 8.36µg (7.96%), Vitamin C: 5.07mg (6.15%), Calcium: 58.33mg (5.83%), Vitamin B12: 0.28µg (4.71%), Vitamin A: 51.95IU (1.04%)