



Honey Mustard Chicken Bites

 Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce honey mustard salad dressing refrigerated
- ☐ 2 tablespoons orange juice
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 2 cups herb seasoned stuffing crushed pepperidge farm®

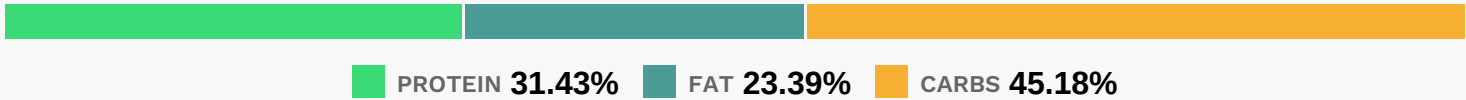
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Dip the chicken into 3/4 cup dressing and coat with the stuffing.
- ☐ Place the chicken on 2 baking sheets.
- ☐ Bake at 400 degrees F. for 15 minutes or until the chicken is cooked through.
- ☐ Stir the remaining dressing and orange juice in a 1-quart saucepan and heat through over medium heat.
- ☐ Serve the dressing mixture with the chicken for dipping.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:4.8130435030098%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 108.97kcal (5.45%), Fat: 2.6g (4.01%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 10.74g (3.9%), Sugar: 3.97g (4.41%), Cholesterol: 21.77mg (7.26%), Sodium: 220.33mg (9.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.75%), Selenium: 20.85µg (29.78%), Vitamin B3: 3.85mg (19.25%), Vitamin B6: 0.26mg (13.17%), Phosphorus: 80.13mg (8.01%), Vitamin B5: 0.5mg (5.04%), Potassium: 144.07mg (4.12%), Vitamin B1: 0.05mg (3.37%), Vitamin B2: 0.06mg (3.29%), Magnesium: 11.43mg (2.86%), Vitamin K: 2.81µg (2.68%), Folate: 9.67µg (2.42%), Fiber: 0.58g (2.33%), Vitamin E: 0.35mg (2.3%), Manganese: 0.04mg (1.96%), Iron: 0.35mg (1.93%), Zinc: 0.25mg (1.69%), Vitamin C: 1.26mg (1.53%), Vitamin A: 76.21IU (1.52%), Copper: 0.02mg (1.22%), Vitamin B12: 0.07µg (1.17%)