



Honey Mustard Chicken Tidbits

 Dairy Free

READY IN



35 min.

SERVINGS



25

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup dijon honey mustard
- 3 tablespoons butter
- 1 teaspoon garlic salt
- 0.8 cup breadcrumbs
- 1 lb chicken breast cut into 1-inch pieces (50 pieces) (not breaded)
- 1 serving dijon honey mustard

Equipment

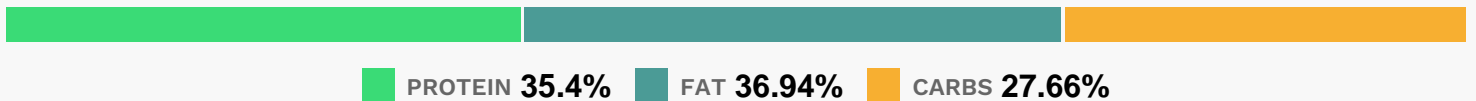
- bowl

- baking sheet
- baking paper
- oven
- aluminum foil
- microwave

Directions

- Heat oven to 400°F. Line cookie sheet with foil or cooking parchment paper; spray foil or paper with cooking spray.
- In medium microwavable bowl, mix 1/4 cup honey mustard, the butter and garlic salt. Microwave uncovered on High 45 to 60 seconds or until butter is melted.
- Place bread crumbs in large resealable plastic food-storage bag.
- Add chicken pieces to mustard mixture; stir to coat. Shake chicken pieces in bag of bread crumbs until coated.
- Place on cookie sheet. Discard any remaining honey mustard and bread crumbs.
- Bake 20 to 25 minutes or until no longer pink in center.
- Serve with additional honey mustard.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.297826072768%

Nutrients (% of daily need)

Calories: 50.62kcal (2.53%), Fat: 1.99g (3.07%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.71g (0.79%), Cholesterol: 11.61mg (3.87%), Sodium: 166.28mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin B3: 2.11mg (10.54%), Selenium: 6.62µg (9.46%), Vitamin B6: 0.14mg (7%), Phosphorus: 43.83mg (4.38%), Vitamin B1: 0.04mg (2.87%), Vitamin B5: 0.28mg (2.78%), Potassium: 74.21mg (2.12%), Vitamin B2: 0.03mg (1.87%), Manganese: 0.03mg (1.64%), Magnesium: 6.16mg (1.54%), Vitamin A: 65.54IU (1.31%), Iron: 0.22mg (1.25%), Folate: 4.21µg (1.05%), Zinc: 0.15mg (1.02%)