



Honey Mustard Chicken with Pretzel Crust

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons honey
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon mustard coarse-grained
- ☐ 4 cups pretzels salted
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 tablespoon spicy mustard

- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons mustard yellow prepared

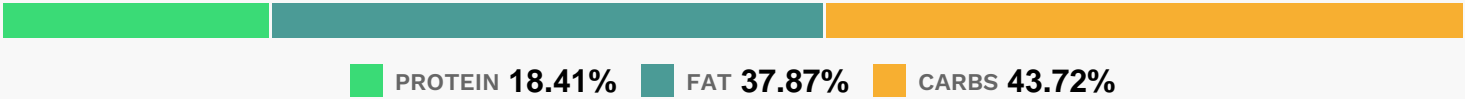
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Line a baking sheet with foil and spray with cooking spray.
- ☐ In a bowl, mix together the red wine vinegar, 1 tablespoon yellow mustard, the spicy mustard, coarse-grained mustard, 1 tablespoon of honey, and the vegetable oil.
- ☐ Place the chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about 1/4 inch. Coat the chicken well with the mustard mixture.
- ☐ Place the pretzels into a resealable plastic zipper bag and roll the bag under a rolling pin to finely grind the pretzels.
- ☐ Place the coated chicken breasts, one at a time, into the bag, seal, and shake the bag to thoroughly coat each chicken breast with pretzel meal.
- ☐ Place the chicken breasts on the prepared baking sheet and spray each breast with cooking spray.
- ☐ Bake the chicken in the preheated oven until the coating is golden brown and the meat is no longer pink in the center, about 25 minutes. Flip the chicken after about 12 minutes of cooking to brown both sides.
- ☐ Mix together the mayonnaise, 2 tablespoons of yellow mustard, 3 tablespoons of honey, and salt in a bowl.
- ☐ Drizzle the honey-mustard sauce over the chicken to serve.

Nutrition Facts



Properties

Glycemic Index:70.32, Glycemic Load:58.02, Inflammation Score:-6, Nutrition Score:23.978695667308%

Nutrients (% of daily need)

Calories: 714.22kcal (35.71%), Fat: 30.12g (46.34%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 78.26g (26.09%), Net Carbohydrates: 74.87g (27.22%), Sugar: 15.07g (16.75%), Cholesterol: 84.08mg (28.03%), Sodium: 1757.49mg (76.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.89%), Vitamin B3: 16.11mg (80.53%), Selenium: 45.55µg (65.07%), Vitamin K: 54.58µg (51.98%), Vitamin B6: 0.92mg (46.1%), Manganese: 0.84mg (42.15%), Folate: 152.09µg (38.02%), Phosphorus: 362.71mg (36.27%), Vitamin B1: 0.44mg (29.51%), Iron: 4.47mg (24.81%), Vitamin B2: 0.4mg (23.52%), Vitamin B5: 1.98mg (19.85%), Potassium: 634.31mg (18.12%), Magnesium: 60.53mg (15.13%), Fiber: 3.4g (13.59%), Vitamin E: 1.84mg (12.26%), Zinc: 1.66mg (11.08%), Copper: 0.18mg (8.9%), Vitamin B12: 0.26µg (4.33%), Calcium: 40.29mg (4.03%), Vitamin C: 3.19mg (3.87%), Vitamin A: 62.75IU (1.26%), Vitamin D: 0.17µg (1.13%)