



Honey Mustard Oven-Baked Chicken Tenders

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 eggs beaten
- ☐ 1 clove garlic minced
- ☐ 0.5 cup honey
- ☐ 2 tablespoons orange juice
- ☐ 3 cups panko bread crumbs whole wheat
- ☐ 1 teaspoon salt divided
- ☐ 2 pounds chicken breast halves boneless skinless cut into strips
- ☐ 1 cup flour whole wheat

☐ 0.5 cup mustard yellow prepared

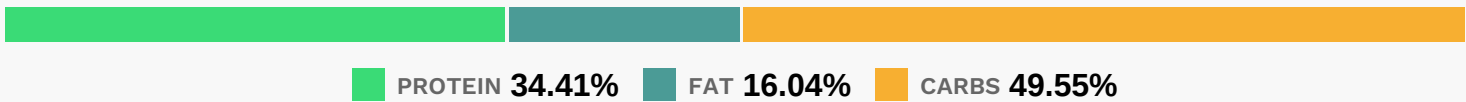
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir mustard, honey, orange juice, garlic together in a glass or ceramic bowl.
- ☐ Transfer 1/4 cup mustard mixture to a bowl to use as a dipping sauce; add chicken to the remaining mustard mixture and toss to coat. Marinate chicken for at least 30 minutes, or up to 3 hours.
- ☐ Preheat an oven to 450 degrees F (230 degrees C).
- ☐ Place wire cooling racks onto baking sheets.
- ☐ Stir whole wheat flour and 1/2 teaspoon salt together in a shallow bowl. Stir bread crumbs and 1/2 teaspoon salt together in another shallow bowl.
- ☐ Place beaten eggs in another shallow bowl.
- ☐ Gently press a chicken strip into the flour mixture to coat and shake to remove excess flour. Dip into the beaten egg, then press into bread crumb mixture. Gently toss between your hands so any bread crumbs that haven't stuck can fall away.
- ☐ Place the breaded chicken strips onto baking sheets prepared with wire cooling racks.
- ☐ Bake chicken in the preheated oven until no longer pink in the center and the juices run clear, 15 to 18 minutes.
- ☐ Serve with reserved mustard sauce.

Nutrition Facts



Properties

Glycemic Index:20.78, Glycemic Load:9.41, Inflammation Score:-5, Nutrition Score:21.17217410129%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 369.12kcal (18.46%), Fat: 6.61g (10.17%), Saturated Fat: 1.54g (9.59%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 42.61g (15.5%), Sugar: 19.49g (21.66%), Cholesterol: 133.95mg (44.65%), Sodium: 782.8mg (34.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.83%), Selenium: 61.81µg (88.3%), Vitamin B3: 14.21mg (71.04%), Vitamin B6: 0.99mg (49.39%), Manganese: 0.93mg (46.4%), Phosphorus: 380.43mg (38.04%), Vitamin B1: 0.41mg (27.07%), Vitamin B5: 2.15mg (21.55%), Vitamin B2: 0.32mg (19.07%), Magnesium: 70.15mg (17.54%), Potassium: 585.32mg (16.72%), Iron: 2.69mg (14.94%), Fiber: 3.35g (13.38%), Zinc: 1.74mg (11.6%), Folate: 45.77µg (11.44%), Copper: 0.18mg (9.19%), Vitamin B12: 0.45µg (7.54%), Calcium: 73.59mg (7.36%), Vitamin C: 3.77mg (4.57%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.44µg (2.96%), Vitamin A: 144.05IU (2.88%), Vitamin K: 2.29µg (2.18%)