



Honey Mustard Pretzel-Coated Chicken Fingers

 Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon teaspoon granulated sugar
- 0.3 cup tablespoons honey mustard plus more, for optional dipping
- 0.3 cup liquid egg substitute fat-free
- 20 standard-sized pretzel twists salted hard mini thin (not)
- 0.3 teaspoon salt
- 10 ounces chicken breast raw boneless skinless lean cut into 8 strips

Equipment

- bowl
- baking sheet
- oven
- whisk
- ziploc bags
- tongs
- meat tenderizer

Directions

- Preheat the oven to 375 degrees F.
- Season chicken strips with salt and pepper. Set aside.
- In a large bowl, combine honey mustard with egg substitute and whisk well. Submerge the chicken and set aside to marinate for at least 5 minutes.
- Meanwhile, place pretzels in sealable plastic bag, seal, and finely crush through the bag with a meat mallet or other heavy utensil.
- Add sugar, reseal, and shake to mix.
- Spread the mixture out on a large plate or in a large dish. Set aside.
- Spray a baking sheet with nonstick spray.
- Using tongs, transfer chicken strips to the pretzel-sugar mixture and thoroughly coat. Then transfer them to the baking sheet. (Discard excess mustard-egg mixture.) Mist the tops of the strips with nonstick spray.
- Bake in the oven for about 20 minutes, flipping chicken halfway through baking, until the chicken is cooked through.
- Eat and enjoy!

Nutrition Facts



Properties

Glycemic Index:92.55, Glycemic Load:42.57, Inflammation Score:-6, Nutrition Score:22.966521605201%

Nutrients (% of daily need)

Calories: 492.37kcal (24.62%), Fat: 5.46g (8.39%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 67.43g (22.48%), Net Carbohydrates: 65.32g (23.75%), Sugar: 14.14g (15.71%), Cholesterol: 90.72mg (30.24%), Sodium: 1414.55mg (61.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.12g (78.24%), Vitamin B3: 17.99mg (89.96%), Selenium: 60.44µg (86.34%), Vitamin B6: 1.15mg (57.34%), Phosphorus: 396.46mg (39.65%), Manganese: 0.62mg (30.79%), Folate: 119.11µg (29.78%), Vitamin B5: 2.72mg (27.24%), Vitamin B2: 0.46mg (26.96%), Vitamin B1: 0.38mg (25.43%), Iron: 3.9mg (21.65%), Potassium: 725.67mg (20.73%), Magnesium: 59.19mg (14.8%), Zinc: 1.74mg (11.63%), Fiber: 2.1g (8.41%), Copper: 0.14mg (7.12%), Vitamin E: 1.03mg (6.87%), Vitamin B12: 0.39µg (6.42%), Calcium: 46.53mg (4.65%), Vitamin D: 0.62µg (4.14%), Vitamin C: 3.11mg (3.77%), Vitamin K: 2.43µg (2.32%), Vitamin A: 111.39IU (2.23%)