



Honey-Pecan Chicken Strips



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken breast strips
- ☐ 0.5 teaspoon curry powder
- ☐ 0.8 cup dijon mustard divided
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.8 cup honey divided

- ☐ 2 cups pecans finely chopped
- ☐ 0.5 teaspoon salt

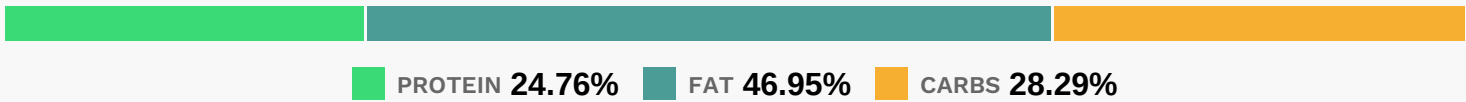
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Combine first 4 ingredients; sprinkle evenly over chicken in a shallow dish or zip-top plastic freezer bag. Stir together 1/4 cup mustard, 1/4 cup honey, and garlic; pour over chicken. Cover and chill 2 hours.
- ☐ Remove chicken from marinade, discarding marinade. Dredge chicken in pecans; place on a lightly greased rack in an aluminum foil-lined broiler pan.
- ☐ Bake at 375 for 20 minutes or until chicken is done.
- ☐ Stir together remaining 1/2 cup mustard, remaining 1/2 cup honey, and curry powder; serve sauce with chicken strips.

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:18.59, Inflammation Score:-6, Nutrition Score:26.03086955651%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 574.44kcal (28.72%), Fat: 31.2g (47.99%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 37.19g (13.52%), Sugar: 36.71g (40.79%), Cholesterol: 96.77mg (32.26%), Sodium: 713.63mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.02%), Manganese: 1.88mg (93.84%), Selenium: 60.88µg (86.98%), Vitamin B3: 16.45mg (82.27%), Vitamin B6: 1.26mg (62.99%), Phosphorus: 456.5mg (45.65%), Vitamin B1: 0.4mg (26.6%), Copper: 0.52mg (26.16%), Vitamin B5: 2.6mg (25.99%), Magnesium: 100.46mg (25.12%), Potassium: 789.99mg (22.57%), Fiber: 5.11g (20.42%), Zinc: 2.85mg (18.97%), Vitamin B2: 0.24mg (14.05%), Iron: 2.35mg (13.06%), Vitamin E: 1mg (6.67%), Calcium: 60.43mg (6.04%), Vitamin B12: 0.3µg (5.04%), Folate: 17.79µg (4.45%), Vitamin K: 4.06µg (3.87%), Vitamin C: 3.05mg (3.7%), Vitamin A: 162.97IU (3.26%), Vitamin D: 0.15µg (1.01%)