



Lemon Chicken Strips

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons curry powder
- ☐ 2 eggs slightly beaten
- ☐ 1 cup seasoned bread crumbs italian
- ☐ 0.5 cup juice of lemon
- ☐ 0.5 cup splenda® no calorie sweetener
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 3 large chicken breasts boneless skinless cut into 2-inch pieces

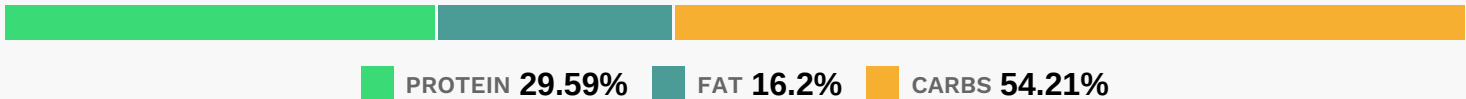
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a bowl, stir together paprika, salt, and pepper.
- ☐ Sprinkle seasoning over chicken pieces. Dip pieces in egg, then dredge in bread crumbs. Arrange chicken pieces in a single layer in an aluminum foil-lined 15x10-inch jelly roll pan.
- ☐ Bake in preheated oven for 15 minutes, turning once.
- ☐ In a small saucepan over medium-low heat, stir together SLENDA® Granulated Sweetener, lemon juice, and curry powder, stirring until sweetener dissolves, about 5 minutes.
- ☐ Drizzle lemon sauce over chicken, return to oven, and bake 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:7.62, Inflammation Score:-4, Nutrition Score:11.434782691624%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 224.76kcal (11.24%), Fat: 4.1g (6.3%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 29.55g (10.75%), Sugar: 15.13g (16.81%), Cholesterol: 90.92mg (30.31%), Sodium: 547.95mg

(23.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.67%), Selenium: 27.64µg (39.49%), Vitamin B3: 7.19mg (35.95%), Vitamin B6: 0.5mg (25.06%), Phosphorus: 187.12mg (18.71%), Vitamin B1: 0.24mg (16.07%), Vitamin B2: 0.21mg (12.54%), Manganese: 0.25mg (12.35%), Vitamin B5: 1.19mg (11.87%), Vitamin C: 9.15mg (11.09%), Vitamin K: 10.13µg (9.64%), Folate: 37.89µg (9.47%), Iron: 1.66mg (9.22%), Potassium: 309.76mg (8.85%), Magnesium: 28.58mg (7.15%), Zinc: 0.84mg (5.61%), Vitamin B12: 0.31µg (5.23%), Calcium: 51.92mg (5.19%), Fiber: 1.29g (5.14%), Vitamin A: 223.45IU (4.47%), Copper: 0.08mg (4.22%), Vitamin E: 0.5mg (3.35%), Vitamin D: 0.35µg (2.33%)