



Orange Chicken Fingers

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium carrots julienned peeled
- 3.5 ounces rice cereal crispy
- 2 egg whites
- 1 teaspoon ginger grated
- 1 teaspoon honey
- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon freshly squeezed
- 0.5 cup low-sugar orange marmalade

- 0.5 teaspoon orange zest grated
- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame oil toasted
- 1 tablespoon sesame seed
- 1.5 pounds chicken breast boneless skinless cut into tenders 4 by 1 1/2-inches, 18 pieces
- 8 ounces snow peas sliced
- 1 tablespoon teriyaki sauce low-sodium

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- pot
- rolling pin

Directions

- Make the salad: In a large bowl whisk the vinegar and honey until combined and then whisk in the sesame oil.
- Add the snow peas and carrots and toss well to coat. Set aside for the flavors to blend while the chicken and sauce cook.
- Preheat the oven to 425 degrees F.
- Place a wire rack on a baking sheet and lightly mist with nonstick cooking spray.
- Put the sesame seeds in a small nonstick skillet set over medium heat. Cook, stirring often, until golden brown and fragrant, about 5 minutes. Set aside to cool.
- Put the cereal in a plastic storage bag and crush with a rolling pin or heavy can until coarsely crushed. In a shallow bowl combine the toasted sesame seeds, crushed cereal and orange zest and lightly season with salt and pepper.

- In a second shallow dish, beat the egg whites with the teriyaki sauce. Dip each chicken tender in the egg mixture and then the cereal mixture, pressing to coat well.
- Place on the rack and mist the chicken with nonstick cooking spray.
- Bake until the crust is golden and the chicken is cooked through, 18 to 20 minutes.
- Meanwhile, in a small saucepot heat the marmalade, teriyaki and ginger over medium heat until melted and well combined.
- Remove from heat and stir in the lemon juice.
- Serve the chicken with some of the sauce for dipping and the salad.

Nutrition Facts



■ **PROTEIN 34.21%**
■ **FAT 17.09%**
■ **CARBS 48.7%**

Properties

Glycemic Index:38.52, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:22.337825878807%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 328.46kcal (16.42%), Fat: 6.26g (9.63%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 37.66g (13.69%), Sugar: 20.48g (22.76%), Cholesterol: 72.57mg (24.19%), Sodium: 301.75mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.38%), Vitamin A: 5558.28IU (111.17%), Vitamin B3: 13.07mg (65.34%), Selenium: 41.02µg (58.6%), Vitamin B6: 0.97mg (48.68%), Vitamin C: 28.34mg (34.35%), Phosphorus: 304.7mg (30.47%), Vitamin B5: 2.02mg (20.19%), Potassium: 657.47mg (18.78%), Vitamin B1: 0.24mg (15.77%), Vitamin B2: 0.26mg (15.43%), Folate: 56.63µg (14.16%), Magnesium: 55.9mg (13.97%), Vitamin K: 14.2µg (13.52%), Iron: 2.08mg (11.58%), Manganese: 0.21mg (10.49%), Copper: 0.2mg (10.04%), Fiber: 2.47g (9.9%), Zinc: 1.14mg (7.61%), Calcium: 59.37mg (5.94%), Vitamin E: 0.64mg (4.26%), Vitamin B12: 0.24µg (3.93%)