



Oven-Fried Chicken Chunks with Peanut Sauce

READY IN



30 min.

SERVINGS



8

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cornflakes crushed
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.8 teaspoon paprika
- ☐ 0.3 cup peanut butter
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 1 lb chicken breast boneless skinless trimmed of fat cut into 1-inch pieces
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup baking mix bisquick heart smart®

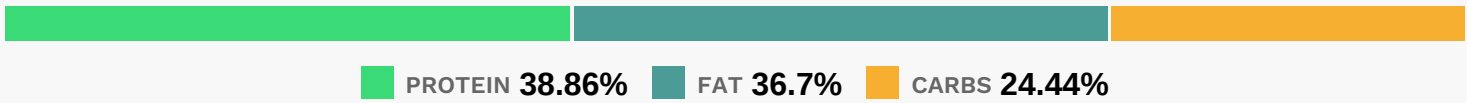
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Heat oven to 400F. Line 15x10x1-inch pan with foil. In 2-quart resealable food-storage plastic bag, mix cereal, Bisquick mix, paprika, salt and pepper. Shake about 6 chicken pieces at a time in bag until coated. Shake off any extra crumbs; place chicken pieces in pan. Spray with cooking spray.
- ☐ Bake uncovered 20 to 25 minutes or until coating is crisp and juice of chicken is clear when center of thickest part is cut (170F).
- ☐ Meanwhile, in 10-inch nonstick skillet, mix sauce ingredients. Cook over medium heat 3 to 4 minutes, stirring occasionally, until mixture begins to thicken.
- ☐ Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:17.66, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:10.031304421632%

Nutrients (% of daily need)

Calories: 167.03kcal (8.35%), Fat: 6.82g (10.5%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 9.52g (3.46%), Sugar: 3.9g (4.33%), Cholesterol: 37.2mg (12.4%), Sodium: 425.39mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.52%), Vitamin B3: 7.79mg (38.94%), Selenium: 20.08µg (28.68%), Vitamin B6: 0.52mg (26.2%), Phosphorus: 236.19mg (23.62%), Vitamin B2: 0.19mg (11.38%),

Vitamin B5: 1.13mg (11.31%), Potassium: 345.56mg (9.87%), Magnesium: 37.06mg (9.27%), Manganese: 0.18mg (8.97%), Vitamin B1: 0.13mg (8.8%), Calcium: 72.23mg (7.22%), Folate: 27.51µg (6.88%), Vitamin B12: 0.41µg (6.87%), Iron: 1.18mg (6.55%), Vitamin E: 0.92mg (6.12%), Zinc: 0.83mg (5.55%), Vitamin A: 186.57IU (3.73%), Copper: 0.07mg (3.61%), Fiber: 0.71g (2.84%), Vitamin D: 0.29µg (1.92%), Vitamin C: 1.23mg (1.5%)