



Panko-Pecan Chicken Finger Skewers

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 large eggs
- ☐ 6 servings flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 servings honey-mustard dipping sauce
- ☐ 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 1.5 cups pecans

- ☐ 0.5 teaspoon salt
- ☐ 1.8 pounds chicken breasts boneless skinless cut into 1/4-inch strips
- ☐ 2 tablespoons water
- ☐ 12 inch wooden skewers
- ☐ 12 inch wooden skewers

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat oven to 37
- ☐ Line 2 baking sheets with aluminum foil; set aside.
- ☐ Place first 5 ingredients in a food processor. Pulse until pecans are finely chopped.
- ☐ Pour into a shallow dish; stir in panko.
- ☐ Place flour in a shallow bowl; whisk together eggs and water in another shallow bowl. Dredge chicken in flour, shaking off excess. Dip chicken in egg mixture, and dredge in pecan mixture. Weave chicken onto skewers.
- ☐ Place on baking sheets.
- ☐ Spray chicken lightly on both sides with cooking spray.
- ☐ Bake 15 to 18 minutes or until golden. (Rotate pans halfway through cooking time, if necessary.)
- ☐ Serve with Honey–Mustard Dipping Sauce.

Nutrition Facts



 **PROTEIN 31.14%**  **FAT 50.32%**  **CARBS 18.54%**

Properties

Glycemic Index:25.67, Glycemic Load:4.29, Inflammation Score:-5, Nutrition Score:24.007391172907%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 452.88kcal (22.64%), Fat: 25.51g (39.25%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 17.57g (6.39%), Sugar: 2.31g (2.56%), Cholesterol: 146.67mg (48.89%), Sodium: 486.32mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.05%), Selenium: 54.88µg (78.4%), Vitamin B3: 15.58mg (77.88%), Manganese: 1.46mg (73.24%), Vitamin B6: 1.1mg (55.18%), Phosphorus: 420.58mg (42.06%), Vitamin B1: 0.48mg (31.77%), Vitamin B5: 2.5mg (24.96%), Copper: 0.43mg (21.42%), Vitamin B2: 0.34mg (20.14%), Magnesium: 78.07mg (19.52%), Potassium: 667.73mg (19.08%), Zinc: 2.5mg (16.65%), Iron: 2.58mg (14.32%), Fiber: 3.57g (14.28%), Folate: 49.09µg (12.27%), Vitamin B12: 0.47µg (7.76%), Calcium: 64.87mg (6.49%), Vitamin E: 0.84mg (5.6%), Vitamin A: 163.2IU (3.26%), Vitamin D: 0.47µg (3.1%), Vitamin K: 2.59µg (2.46%), Vitamin C: 1.92mg (2.33%)