



Parmesan-Crusted Chicken with Creamy Honey-Mustard Dip

READY IN



25 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons dijon mustard
- 0.3 cup flour all-purpose
- 0.8 teaspoon garlic powder
- 4 servings salt and ground pepper black
- 2 teaspoons honey
- 0.5 cup cup heavy whipping cream sour low-fat
- 0.3 cup milk
- 0.8 teaspoon onion powder

- 0.5 teaspoon oregano dried
- 0.3 cup parmesan grated
- 0.5 cup quick-cooking oats
- 1 pound chicken breasts boneless skinless cut lengthwise into 1/2-inch wide strips

Equipment

- bowl
- baking sheet
- oven
- whisk
- ziploc bags

Directions

- Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- In a shallow dish, combine flour and 1/2 teaspoon each salt and black pepper.
- Add chicken to flour mixture and turn to coat.
- Place milk in a separate shallow dish. In a third shallow dish or resealable plastic bag, combine parmesan, oats, garlic powder, onion powder, and oregano. Dip chicken into flour and turn to coat. Dip flour-coated chicken into milk and then transfer chicken to oat mixture. Turn to coat chicken (or shake bag) until well covered with oat mixture.
- Place chicken on prepared baking sheet and spray the surface with cooking spray.
- Bake 15 minutes, until crust is golden brown and chicken is cooked through.
- To make dip, in a small bowl, whisk together sour cream, Dijon mustard and honey.
- Serve chicken with dip on the side.

Nutrition Facts

 **PROTEIN 41.76%**  **FAT 28.94%**  **CARBS 29.3%**

Properties

Glycemic Index:82.82, Glycemic Load:11.6, Inflammation Score:-6, Nutrition Score:17.961304498755%

Nutrients (% of daily need)

Calories: 304.98kcal (15.25%), Fat: 9.69g (14.91%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 20.49g (7.45%), Sugar: 4.24g (4.71%), Cholesterol: 90.74mg (30.25%), Sodium: 325.48mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.95%), Selenium: 47.5µg (67.86%), Vitamin B3: 12.63mg (63.13%), Vitamin B6: 0.91mg (45.36%), Phosphorus: 401.49mg (40.15%), Manganese: 0.58mg (28.76%), Vitamin B5: 1.87mg (18.68%), Calcium: 184.32mg (18.43%), Magnesium: 71.09mg (17.77%), Potassium: 586.57mg (16.76%), Vitamin B1: 0.24mg (16.31%), Vitamin B2: 0.27mg (16.05%), Zinc: 1.57mg (10.5%), Vitamin B12: 0.56µg (9.29%), Iron: 1.66mg (9.25%), Folate: 31.95µg (7.99%), Fiber: 1.59g (6.35%), Copper: 0.1mg (5.09%), Vitamin A: 232.92IU (4.66%), Vitamin E: 0.47mg (3.12%), Vitamin D: 0.44µg (2.91%), Vitamin K: 2.7µg (2.57%), Vitamin C: 1.75mg (2.12%)