



Pecan-Crusted Chicken Fingers with Dijon-Maple Sauce

READY IN



50 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken breast tenders (12 pieces)
- ☐ 1 teaspoon cornstarch
- ☐ 1.5 tablespoons dijon mustard country-style
- ☐ 0.5 cup egg substitute
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 cup flour all-purpose divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons butter light

- ☐ 0.3 cup maple syrup
- ☐ 2 teaspoons olive oil divided
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.8 teaspoon pepper divided
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle chicken with 1/2 teaspoon pepper and salt.
- ☐ Place 1/2 cup flour and egg substitute in separate shallow dishes.
- ☐ Combine 1/2 cup flour, pecans, and 1/4 teaspoon pepper in a shallow dish.
- ☐ Dredge each chicken tender in flour, shaking off excess flour. Dip each tender in egg substitute; dredge dipped tenders in pecan mixture.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray.
- ☐ Add half of chicken and cook 2 to 3 minutes on each side or until browned.
- ☐ Transfer chicken to a baking sheet lined with foil; lightly coat chicken with cooking spray. Repeat procedure with remaining oil and chicken tenders.
- ☐ Bake at 400 for 12 minutes or until done.
- ☐ Combine chicken broth and cornstarch; add chicken broth mixture to pan (do not wipe clean). Bring to a boil, reduce heat, and cook 1 to 2 minutes or until thick, scraping pan to loosen browned bits. Stir in maple syrup, mustard, butter, and lemon juice; cook 1 minute or until thoroughly heated.
- ☐ Serve immediately with chicken tenders.

Nutrition Facts

PROTEIN 34.98% FAT 32.36% CARBS 32.66%

Properties

Glycemic Index:30.92, Glycemic Load:14.88, Inflammation Score:-4, Nutrition Score:19.380434539007%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg 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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 339.17kcal (16.96%), Fat: 12.09g (18.6%), Saturated Fat: 2g (12.49%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 25.79g (9.38%), Sugar: 9g (10%), Cholesterol: 74.32mg (24.77%), Sodium: 486.1mg (21.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.82%), Selenium: 53.69µg (76.7%), Vitamin B3: 13.33mg (66.67%), Manganese: 0.93mg (46.41%), Vitamin B6: 0.91mg (45.57%), Phosphorus: 307.52mg (30.75%), Vitamin B2: 0.48mg (28.48%), Vitamin B1: 0.34mg (22.56%), Vitamin B5: 2.16mg (21.58%), Potassium: 570.32mg (16.29%), Magnesium: 53.54mg (13.38%), Folate: 48.87µg (12.22%), Iron: 2.17mg (12.04%), Zinc: 1.54mg (10.28%), Copper: 0.18mg (9.22%), Fiber: 1.67g (6.68%), Vitamin E: 0.91mg (6.07%), Vitamin B12: 0.33µg (5.58%), Calcium: 49.68mg (4.97%), Vitamin C: 2.54mg (3.08%), Vitamin D: 0.45µg (3%), Vitamin A: 116.18IU (2.32%), Vitamin K: 1.99µg (1.9%)