



Pecan-Encrusted Chicken Fingers with Honey-Mustard Dipping Sauce

 Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs fresh
- 1 pound chicken breast tenders
- 1 teaspoon cornstarch
- 0.5 teaspoon thyme leaves dried
- 1 large egg white
- 0.3 teaspoon ground pepper black
- 0.3 teaspoon ground pepper red

- 2 tablespoons honey
- 1 teaspoon juice of lemon
- 0.5 teaspoon oregano dried
- 0.5 teaspoon paprika
- 0.5 cup pecans very finely chopped
- 0.8 teaspoon salt
- 2 tablespoons mustard stone-ground

Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Preheat oven to 45
- Combine first 3 ingredients in a shallow dish; stir well.
- Combine breadcrumbs and next 7 ingredients in another shallow dish.
- Dip chicken tenders in egg white mixture. Dredge chicken in breadcrumb mixture, pressing firmly to coat.
- Place chicken on a wire rack, and let stand 10 minutes.
- Place a jelly-roll pan in oven to heat while chicken stands.
- Coat chicken tenders well with cooking spray.
- Remove hot pan from oven; coat with cooking spray.
- Place chicken on pan in a single layer.
- Bake at 450 for 20 to 25 minutes or until chicken is done.
- While chicken bakes, combine mustard and honey in a small bowl; stir well.
- Serve chicken tenders with honey-mustard.

Nutrition Facts

PROTEIN 32.05% FAT 34.59% CARBS 33.36%

Properties

Glycemic Index:44.57, Glycemic Load:4.63, Inflammation Score:-7, Nutrition Score:19.963043295819%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 375.46kcal (18.77%), Fat: 14.53g (22.35%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 28.34g (10.3%), Sugar: 11.08g (12.32%), Cholesterol: 72.57mg (24.19%), Sodium: 862.25mg (37.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.56%), Vitamin B3: 13.9mg (69.49%), Selenium: 47.96µg (68.51%), Manganese: 0.97mg (48.26%), Vitamin B6: 0.93mg (46.57%), Phosphorus: 332.32mg (33.23%), Vitamin B1: 0.44mg (29.39%), Vitamin B5: 1.94mg (19.4%), Vitamin B2: 0.29mg (17.15%), Potassium: 573.95mg (16.4%), Magnesium: 64.2mg (16.05%), Iron: 2.57mg (14.26%), Copper: 0.28mg (14.08%), Fiber: 3.18g (12.72%), Zinc: 1.77mg (11.81%), Folate: 38.95µg (9.74%), Calcium: 78.57mg (7.86%), Vitamin K: 6.8µg (6.48%), Vitamin B12: 0.33µg (5.48%), Vitamin A: 231.88IU (4.64%), Vitamin E: 0.62mg (4.15%), Vitamin C: 2.24mg (2.72%)