



## Pepita-Crusted Chicken Sliders

 Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 11 oz portugese rolls frozen house style thawed (16 rolls)
- ☐ 6 tablespoons roasted pumpkin seeds salted hulled (pepitas)
- ☐ 0.3 cup breadcrumbs plain
- ☐ 1.3 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.3 cup flour all-purpose
- ☐ 1 eggs beaten
- ☐ 0.8 lb chicken breast uncooked (not breaded)

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup dijon honey mustard

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 350°F.
- ☐ Bake rolls as directed on package.
- ☐ Meanwhile, in food processor, place pumpkin seeds. Cover; process until finely chopped. In small bowl, mix pumpkin seeds, bread crumbs, 1/2 teaspoon of the cumin and 1/8 teaspoon of the red pepper.
- ☐ Place flour and beaten egg in separate shallow bowls.
- ☐ Cut chicken breast tenders into 1 1/2-inch pieces; sprinkle with salt. Coat chicken pieces with flour, shaking off excess. Dip chicken pieces in egg; coat with crumb mixture.
- ☐ In 12-inch skillet, heat oil over medium heat. Cook chicken in oil 8 minutes, stirring occasionally, until no longer pink in center.
- ☐ Drain.
- ☐ In small bowl, mix mayonnaise, honey mustard, remaining 3/4 teaspoon cumin and remaining 1/8 teaspoon red pepper.
- ☐ Split rolls.
- ☐ Place chicken on roll bottoms and top with mayonnaise mixture. Cover with roll tops.
- ☐ Serve warm.

## Nutrition Facts



 PROTEIN **18.33%**  FAT **47.98%**  CARBS **33.69%**

Properties

Glycemic Index:14.69, Glycemic Load:7.4, Inflammation Score:-1, Nutrition Score:4.8617390627446%

Nutrients (% of daily need)

Calories: 163.47kcal (8.17%), Fat: 8.6g (13.24%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 13.02g (4.74%), Sugar: 2.14g (2.38%), Cholesterol: 25.31mg (8.44%), Sodium: 240.68mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.79%), Iron: 3.49mg (19.38%), Selenium: 9µg (12.86%), Vitamin B3: 2.54mg (12.7%), Vitamin B6: 0.17mg (8.52%), Vitamin K: 8.49µg (8.08%), Phosphorus: 78.61mg (7.86%), Manganese: 0.12mg (6.16%), Vitamin E: 0.82mg (5.49%), Magnesium: 17.98mg (4.5%), Vitamin B5: 0.38mg (3.8%), Vitamin B1: 0.05mg (3.27%), Vitamin B2: 0.05mg (3.21%), Potassium: 106.78mg (3.05%), Zinc: 0.35mg (2.36%), Fiber: 0.57g (2.27%), Folate: 8.82µg (2.2%), Copper: 0.04mg (2.05%), Vitamin B12: 0.08µg (1.29%), Calcium: 10.54mg (1.05%)