



Sesame Chicken Strips

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup round buttery crackers crushed
- ☐ 2 pounds skinned and boned chicken breast halves cut into 1/4-inch strips
- ☐ 2 teaspoons onion dried minced
- ☐ 2 teaspoons mustard dry
- ☐ 2 tablespoons honey
- ☐ 2 cups mayonnaise divided
- ☐ 0.5 cup sesame seed

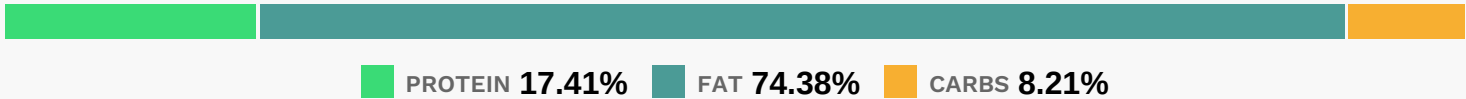
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together 1 cup mayonnaise, minced onion, and dry mustard.
- ☐ Combine crushed crackers and seeds.
- ☐ Dip chicken into mayonnaise mixture, and dredge in cracker mixture. Repeat procedure once.
- ☐ Place on a lightly greased baking sheet.
- ☐ Bake at 425 for 15 minutes or until done. Stir together remaining 1 cup mayonnaise and honey.
- ☐ Serve honey sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:13.73, Glycemic Load:2.24, Inflammation Score:-4, Nutrition Score:16.711304182592%

Nutrients (% of daily need)

Calories: 498.79kcal (24.94%), Fat: 41.13g (63.27%), Saturated Fat: 6.61g (41.33%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 9.05g (3.29%), Sugar: 4.61g (5.12%), Cholesterol: 76.88mg (25.63%), Sodium: 443.89mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.32%), Vitamin K: 76.26µg (72.63%), Vitamin B3: 10.13mg (50.64%), Selenium: 33.83µg (48.33%), Vitamin B6: 0.76mg (38.21%), Phosphorus: 269.94mg (26.99%), Copper: 0.35mg (17.74%), Vitamin B5: 1.42mg (14.15%), Magnesium: 53.97mg (13.49%), Manganese: 0.26mg (13.02%), Vitamin E: 1.89mg (12.61%), Potassium: 407.98mg (11.66%), Vitamin B1: 0.16mg (10.44%), Iron: 1.86mg (10.33%), Calcium: 94.33mg (9.43%), Zinc: 1.26mg (8.42%), Vitamin B2: 0.14mg (8.08%), Folate: 19.83µg (4.96%), Fiber: 1.17g (4.68%), Vitamin B12: 0.24µg (3.92%), Vitamin C: 1.88mg (2.28%), Vitamin D: 0.18µg (1.2%), Vitamin A: 57.31IU (1.15%)