



## Sesame Chicken Strips with Sweet Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup buttery round cracker crumbs crushed
- ☐ 2 teaspoons onion dried minced
- ☐ 2 teaspoons mustard dry
- ☐ 2 tablespoons honey
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup sesame seed
- ☐ 2 pounds chicken breast halves boneless skinless

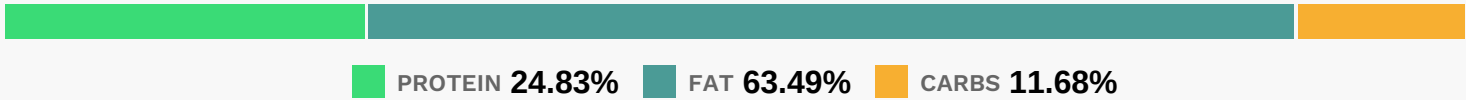
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a shallow plate or bowl combine 1 cup mayonnaise, onion and mustard.
- ☐ Mix together and set aside. In a separate shallow plate or bowl combine the cracker crumbs and sesame seeds.
- ☐ Cut chicken lengthwise into 1/4 inch strips.
- ☐ Dip chicken strips in mayonnaise mixture, then in sesame mixture to coat.
- ☐ Place coated strips in a single layer on a lightly greased cookie sheet.
- ☐ Bake in preheated oven for 15 to 18 minutes, or until juices run clear.
- ☐ Mix 1 cup mayonnaise and honey together in a small bowl and serve with chicken strips.

## Nutrition Facts



## Properties

Glycemic Index:13.73, Glycemic Load:2.17, Inflammation Score:-3, Nutrition Score:14.790434723315%

## Nutrients (% of daily need)

Calories: 346.47kcal (17.32%), Fat: 24.37g (37.5%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 8.92g (3.24%), Sugar: 4.48g (4.98%), Cholesterol: 67.47mg (22.49%), Sodium: 301.65mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.89%), Vitamin B3: 10.13mg (50.64%), Selenium: 33.32µg (47.59%), Vitamin B6: 0.76mg (38.12%), Vitamin K: 39.75µg (37.86%), Phosphorus: 265.23mg (26.52%), Copper: 0.35mg (17.53%), Vitamin B5: 1.38mg (13.77%), Magnesium: 53.75mg (13.44%), Manganese: 0.26mg (12.95%), Potassium: 403.5mg (11.53%), Vitamin B1: 0.15mg (10.29%), Iron: 1.81mg (10.07%), Calcium: 92.54mg (9.25%), Zinc: 1.23mg (8.2%), Vitamin B2: 0.13mg (7.83%), Vitamin E: 1.16mg (7.72%), Folate: 18.71µg (4.68%), Fiber: 1.17g (4.68%), Vitamin B12: 0.21µg (3.47%), Vitamin C: 1.88mg (2.28%)