



Sesame-Pecan Chicken Strips

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumbs (preferably panko)
- ☐ 0.3 cup dijon mustard
- ☐ 2 large egg whites
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 4 servings kosher salt
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup peach preserves
- ☐ 1 cup vegetable oil; peanut oil preferred

- ☐ 0.5 cup pecans finely chopped
- ☐ 0.3 cup sesame seed
- ☐ 1.3 pounds chicken breasts boneless skinless cut into 1-inch-wide strips

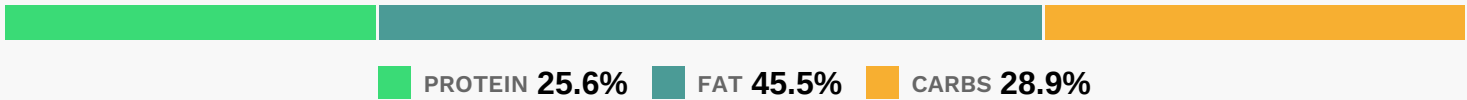
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Whisk the mustard, peach preserves, thyme, 1 tablespoon water and a pinch of salt in a small bowl. Beat the egg whites in a large bowl until frothy.
- ☐ Mix the breadcrumbs, pecans, sesame seeds, paprika and 1 teaspoon salt in a medium bowl.
- ☐ Heat the vegetable oil in a large nonstick skillet over medium-high heat. Dip the chicken strips in the egg whites and then roll in the breadcrumb mixture, pressing to help it adhere. Working in batches, cook the chicken until golden brown, about 3 minutes per side.
- ☐ Drain on paper towels.
- ☐ Serve with the peach-mustard sauce.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:11.08, Inflammation Score:-7, Nutrition Score:28.088695502799%

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
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin:
0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 610.08kcal (30.5%), Fat: 31.01g (47.71%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 44.32g (14.77%),
Net Carbohydrates: 39.51g (14.37%), Sugar: 16.37g (18.19%), Cholesterol: 90.72mg (30.24%), Sodium: 764.9mg
(33.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.26g (78.52%), Selenium: 65.1µg (92.99%), Vitamin
B3: 17.33mg (86.64%), Vitamin B6: 1.23mg (61.29%), Manganese: 1.2mg (60.2%), Phosphorus: 465.43mg (46.54%),
Vitamin B1: 0.55mg (36.82%), Copper: 0.7mg (35.1%), Magnesium: 109.57mg (27.39%), Vitamin B5: 2.39mg
(23.88%), Vitamin B2: 0.4mg (23.71%), Iron: 4.09mg (22.73%), Potassium: 762.14mg (21.78%), Fiber: 4.82g (19.28%),
Zinc: 2.71mg (18.04%), Calcium: 176.34mg (17.63%), Vitamin E: 2.43mg (16.23%), Folate: 51.87µg (12.97%), Vitamin
B12: 0.39µg (6.55%), Vitamin A: 320.19IU (6.4%), Vitamin C: 4.81mg (5.83%), Vitamin K: 3.25µg (3.1%)