



Smoky Chicken Fingers With Honey-Mustard Dip

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon barbecue seasoning smoked such as Hickory Liquid Smoke
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup breadcrumbs dry
- ☐ 0.5 cup milk fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons garlic and herb seasoning
- ☐ 0.3 cup honey

- ☐ 0.5 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds chicken breasts boneless skinless cut into 2-inch strips

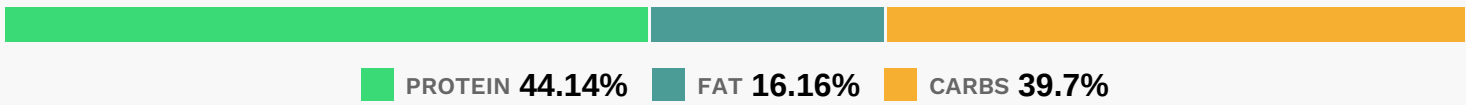
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Coat a large baking sheet with cooking spray.
- ☐ In a shallow dish, combine the flour, salt, and pepper.
- ☐ Mix with a fork to combine. In a separate shallow dish, combine milk and liquid smoke. In a third shallow dish, combine breadcrumbs, oats, and garlic seasoning.
- ☐ Dip chicken into flour, and turn to coat both sides; shake off any excess flour.
- ☐ Transfer chicken to milk mixture and turn to coat.
- ☐ Transfer to the breadcrumb-oat mixture, and turn chicken to coat.
- ☐ Place chicken on prepared baking sheet, and spray tops of strips with cooking spray.
- ☐ Bake 25 minutes, until chicken is cooked through and crust is browned.
- ☐ Meanwhile, in a medium bowl, whisk together mustard and honey.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:11.08, Inflammation Score:-4, Nutrition Score:15.728695693223%

Nutrients (% of daily need)

Calories: 251.67kcal (12.58%), Fat: 4.47g (6.88%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 23.28g (8.47%), Sugar: 10.11g (11.24%), Cholesterol: 74.37mg (24.79%), Sodium: 425.77mg (18.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.48g (54.97%), Selenium: 45.44µg (64.92%), Vitamin B3: 12.87mg (64.36%), Vitamin B6: 0.89mg (44.56%), Phosphorus: 307.28mg (30.73%), Manganese: 0.44mg (22.11%), Vitamin B5: 1.81mg (18.09%), Vitamin B1: 0.25mg (16.77%), Potassium: 507.13mg (14.49%), Magnesium: 55.06mg (13.77%), Vitamin B2: 0.22mg (12.69%), Iron: 1.74mg (9.65%), Zinc: 1.13mg (7.57%), Folate: 29.6µg (7.4%), Vitamin K: 6.04µg (5.75%), Fiber: 1.43g (5.73%), Vitamin B12: 0.34µg (5.65%), Calcium: 53.83mg (5.38%), Copper: 0.09mg (4.69%), Vitamin E: 0.3mg (1.98%), Vitamin D: 0.28µg (1.88%), Vitamin C: 1.52mg (1.84%), Vitamin A: 87.34IU (1.75%)