



Wheaties®-Crusted Curry Chicken Tenders

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving pam original flavor shopping list
- 2 eggs
- 1 tablespoon dijon mustard
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 3 teaspoons curry powder
- 2 cups corn flakes/bran flakes crushed finely

- 3 chicken breast boneless skinless cut into 1-inch-wide strips

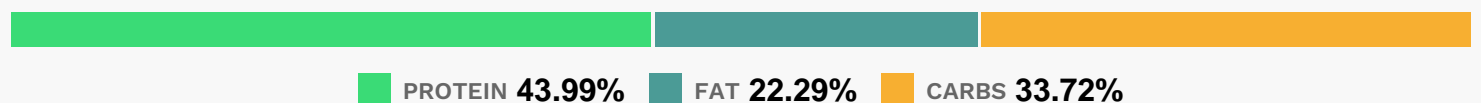
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- grill

Directions

- Heat oven to 400°F. Line cookie sheet with parchment paper or silicone baking mat; top with cooling rack or grill top. Spray rack with cooking spray.
- In shallow bowl, beat eggs, mustard, salt, cumin, paprika and 1 teaspoon of the curry powder. In another shallow bowl, mix crushed cereal and remaining 2 teaspoons curry powder.
- Dip chicken strips into egg mixture; coat with cereal mixture.
- Place chicken on rack. Lightly spray coated chicken with cooking spray.
- Bake about 20 minutes or until no longer pink in center and golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:9.04, Inflammation Score:-8, Nutrition Score:23.343913399655%

Nutrients (% of daily need)

Calories: 204.32kcal (10.22%), Fat: 5.24g (8.06%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 13.28g (4.83%), Sugar: 3.96g (4.4%), Cholesterol: 136.08mg (45.36%), Sodium: 862.14mg (37.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.51%), Selenium: 45.96µg (65.66%), Vitamin B3: 12.34mg (61.71%), Vitamin B6: 1.04mg (52.24%), Manganese: 0.84mg (41.93%), Iron: 7.24mg (40.25%), Folate: 150µg (37.5%), Phosphorus: 324.68mg (32.47%), Vitamin B2: 0.48mg (28.22%), Vitamin B12: 1.37µg (22.75%), Vitamin B1:

0.34mg (22.58%), Magnesium: 78.82mg (19.7%), Vitamin A: 914.3IU (18.29%), Fiber: 4.55g (18.19%), Vitamin B5: 1.74mg (17.42%), Potassium: 499.77mg (14.28%), Zinc: 1.91mg (12.71%), Copper: 0.16mg (8.1%), Vitamin D: 1.18µg (7.9%), Vitamin E: 1.05mg (7.01%), Calcium: 41.05mg (4.11%), Vitamin K: 2.5µg (2.38%), Vitamin C: 1.25mg (1.51%)