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Crispy Honey Chicken Lunch

This crispy honey chicken lunch is a delicious and satisfying meal that combines the sweetness of honey with the crunchiness of crispy chicken. It is perfect for a quick and easy lunch option.

Recipe Type: Standard	Prep Time: 15 mins
Cook Time: 20 mins	Total Time: 35 mins
Recipe Yield: 500 grams	Number of Servings: 4
Serving Size: 125 g	

Ingredients

500 g	chicken breast
4 tbsp	honey
1 c	flour
1 tsp	salt
1 tsp	black pepper

2 c White rice

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a shallow dish, mix together the flour, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Coating

Coat the chicken breasts in the flour mixture, shaking off any excess.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Heating

In a large skillet, heat the vegetable oil over medium-high heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5



Add the coated chicken breasts to the skillet and cook until golden brown on both sides, about 3-4 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Drizzling

Transfer the chicken breasts to a baking sheet and drizzle with honey.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Baking

Bake in the preheated oven for 10-12 minutes, or until the chicken is cooked through and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Boiling

Meanwhile, cook the white rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 9

Serving

Serve the crispy honey chicken with white rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	2 g	5.26%	8%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	80 mg	N/A	N/A

Vitamins

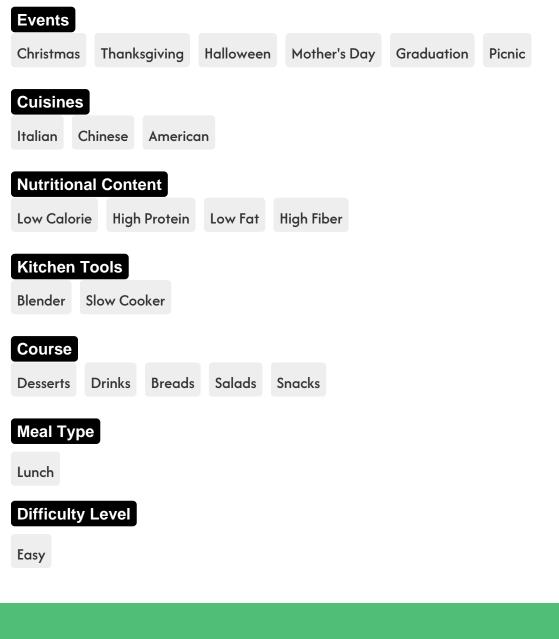
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes



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