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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

4 tbsp vegetable oil

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

Frying

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

Events

Christmas

Thanksgiving

Halloween

Mother's Day

Graduation

Picnic

Cuisines

Italian

Chinese

American

Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Kitchen Tools

Blender

Slow Cooker

Course

Desserts

Drinks

Breads

Salads

Snacks

Meal Type

Lunch

Difficulty Level

Easy

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