



Healthdor

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Chicken Dipper ♦

Chicken Dipper is a delicious appetizer made with chicken. It is crispy on the outside and juicy on the inside. It is perfect for parties and gatherings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 454 grams

Number of Servings: 6

Serving Size: 76 g

Ingredients

1 lb Chicken

Directions

Step 1

Preheating

Preheat the oven to 400°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the chicken into dippable pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Place the chicken pieces on a baking sheet.

Prep Time: 0 mins

Cook Time: 20 mins

Nutrition Facts

Calories: 207 kcal

Fat: 7 g

Protein: 33 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	33 g	194.12%	194.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	96 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	54 mg	2.35%	2.35%
Calcium	1 mg	0.1%	0.1%
Iron	6 mg	75%	33.33%
Potassium	292 mg	8.59%	11.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	24 mcg	43.64%	43.64%

Recipe Attributes

Events

Picnic

Course

Appetizers

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Kids Friendly

Teen Friendly

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Nutrisystem Diet

OMAD (One Meal a Day) Diet

Vegetarian Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Cooking Method

Baking

Simmering

Meal Type

Snack

Supper

Difficulty Level

Medium

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