

Double Crunch Honey Garlic Chicken Breasts

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-crunch-recipe>

Ingredients:

- 4 boneless, skinless chicken breasts large
- 2 cups flour
- 4 teaspoons salt
- 4 teaspoons black pepper
- 3 tablespoons ground ginger
- 1 tablespoon ground nutmeg freshly
- 2 teaspoons ground thyme
- 2 teaspoons ground sage
- 2 tablespoons paprika
- 1 teaspoon cayenne pepper
- 4 eggs
- 8 tablespoons water
- 2 tablespoons olive oil
- 4 cloves minced garlic
- 1 cup honey
- 1/4 cup low sodium soy sauce soy sauce, is best
- 1 teaspoon ground black pepper
- canola oil for frying

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 127 grams
3. Cholesterol: 285 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 40 grams
7. SaturatedFat: 4.5 grams

8. Sodium: 3110 milligrams

9. Sugar: 71 grams

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