

Crispy Baked Honey Garlic Chicken

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-baked-chicken-recipe>

Ingredients:

- 1 pound boneless skinless chicken breasts cut into 1-inch chunks
- 2 large eggs beaten
- 1 cup panko breadcrumbs
- 1/3 cup honey
- 2 tablespoons soy sauce
- 1 tablespoon Sriracha sauce
- 1/2 teaspoon garlic powder
- 1/3 cup warm water
- 1 tablespoon cornstarch
- 2 green onions thinly sliced
- 2 teaspoons sesame seeds

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 160 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 2 grams
8. Sodium: 620 milligrams
9. Sugar: 22 grams

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