



Buffalo-Style Chicken Nuggets

READY IN



25 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cornflakes
- ☐ 2 teaspoons paprika
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon sauce of the chicken from the turbo broiler
- ☐ 1 tablespoon soybean oil
- ☐ 1 teaspoon hot sauce red
- ☐ 1 lb chicken breast boneless skinless cut into 2-inch pieces
- ☐ 0.3 cup cream fat-free sour
- ☐ 0.3 cup ranch dressing reduced-fat

☐ 0.5 cup frangelico

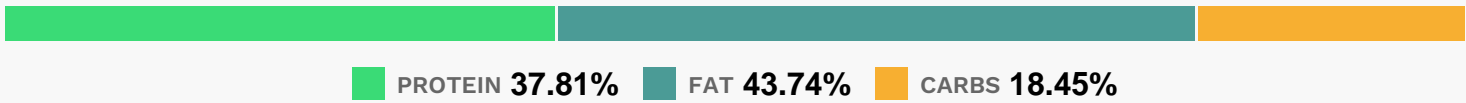
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Heat oven to 425°F. In 1-gallon resealable food-storage plastic bag, place cereal; crush with rolling pin.
- ☐ Add Bisquick® mix, paprika, seasoned salt and red pepper; mix well.
- ☐ In small bowl, stir together oil and pepper sauce. Coat chicken pieces with oil mixture.
- ☐ Shake about 6 chicken pieces at a time in bag of cereal mixture until coated. Shake off any extra mixture. On ungreased cookie sheet, place chicken pieces in single layer.
- ☐ Bake about 10 minutes or until chicken is no longer pink in center. Meanwhile, in small bowl, stir together sour cream and dressing.
- ☐ Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:17.51913043727%

Nutrients (% of daily need)

Calories: 274.88kcal (13.74%), Fat: 13.19g (20.29%), Saturated Fat: 2.24g (14%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.82g (4.3%), Sugar: 1.87g (2.08%), Cholesterol: 77.77mg (25.92%), Sodium: 545.4mg (23.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin B3: 13.83mg (69.14%), Selenium: 38.51µg (55.01%), Vitamin B6: 1.07mg (53.38%), Phosphorus: 293.65mg (29.37%), Vitamin K: 27.41µg (26.1%), Iron: 3.72mg (20.65%), Vitamin B2: 0.32mg (18.87%), Vitamin B5: 1.79mg (17.86%), Vitamin A: 758.07IU (15.16%), Vitamin B1:

0.22mg (15%), Potassium: 489.63mg (13.99%), Vitamin B12: 0.82µg (13.67%), Folate: 44.75µg (11.19%), Magnesium: 37.6mg (9.4%), Vitamin E: 1.13mg (7.54%), Zinc: 0.9mg (6.03%), Vitamin C: 4.32mg (5.24%), Vitamin D: 0.51µg (3.38%), Copper: 0.06mg (3.2%), Calcium: 30.82mg (3.08%), Manganese: 0.06mg (2.89%), Fiber: 0.7g (2.79%)