

DINNER

Chicken-Bacon Nuggets

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.10	280 kcal

Need a gluten free and dairy free main course? Chicken-Bacon Nuggets could be a spectacular recipe to try. This recipe serves 6 and costs \$1.1 per serving. One serving contains 280 calories, 13g of protein, and 17g of fat. This recipe from My Recipes has 1 fans.

Ingredients

- ☐ 8 slices bacon slices, cut into thirds
- ☐ 2 large skinned and boned chicken breast halves
- ☐ 1 garlic clove, minced
- ☐ 1 teaspoon ground ginger
- ☐ ½ cup orange marmalade
- ☐ 2 tablespoons sesame oil
- ☐ ¼ cup soy sauce

EQUIPMENT Oven, Broiler pan

Method

- 1

Cut chicken breasts into 24 (1-inch) cubes. Wrap each chicken cube with bacon, and secure with a wooden pick.
- 2

Stir together orange marmalade, soy sauce, sesame oil, ground ginger, and minced garlic in a shallow dish or large zip-top freezer bag; add chicken nuggets. Cover or seal, and chill 2 hours, turning occasionally.
- 3

Coat a rack and broiler pan with cooking spray.
- 4

Place chicken nuggets on rack in broiler pan.

5 Bake at 450 for 10 minutes; turn and bake 10 more minutes.

Nutrition per serving

280

KCAL

13 g

PROTEIN

17 g

FAT

19 g

CARBS

Saturated Fat

4.8 g · 30% of daily needs

Fibre

0.3 g · 1% of daily needs

Sugar

16.2 g · 18% of daily needs

Sodium

793 mg · 34% of daily needs

Cholesterol

43.5 mg · 14% of daily needs

Vitamin C

1.9 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-bacon-nuggets-148586