

Chicken Nuggets

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups corn oil
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 teaspoons salt
- ☐ 1.5 tablespoons sesame seed toasted
- ☐ 4 chicken breasts boneless skinless
- ☐ 0.3 cup water

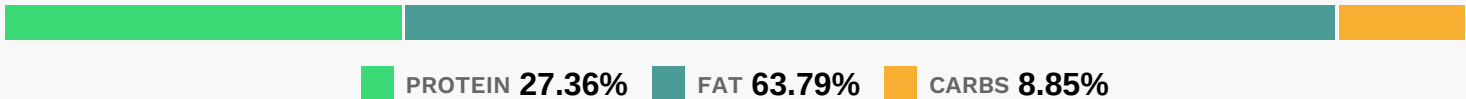
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ deep fryer

Directions

- ☐ Rinse chicken with cold water and pat dry with paper towels.
- ☐ Cut into 1x1x1/2 inch pieces.
- ☐ Fill a deep fryer with corn oil, no more than 1/3 full.
- ☐ Heat to medium heat.
- ☐ Place egg and water in a small bowl and mix well.
- ☐ Add the flour, sesame seeds and salt, stirring until a smooth batter is formed.
- ☐ Dip chicken pieces in batter and drain off any excess.
- ☐ Add battered chicken, a few pieces at a time, to the hot oil. Fry about 4 minutes or until golden brown and done (remove chicken from oil to test).
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:5.87, Inflammation Score:-4, Nutrition Score:15.643478227698%

Nutrients (% of daily need)

Calories: 397.67kcal (19.88%), Fat: 27.97g (43.02%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 8.1g (2.94%), Sugar: 0.08g (0.09%), Cholesterol: 113.24mg (37.75%), Sodium: 1020.28mg (44.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.98g (53.97%), Selenium: 44.1µg (63%), Vitamin B3: 12.54mg (62.72%), Vitamin B6: 0.89mg (44.67%), Phosphorus: 289.2mg (28.92%), Vitamin E: 3.67mg (24.45%), Vitamin B5: 1.83mg (18.26%), Potassium: 458.65mg (13.1%), Vitamin B2: 0.22mg (13.07%), Vitamin B1: 0.18mg (12.15%), Magnesium: 43.74mg (10.94%), Vitamin K: 9.74µg (9.28%), Copper: 0.18mg (8.99%), Iron: 1.54mg (8.54%), Manganese: 0.17mg (8.36%), Folate: 31.66µg (7.92%), Zinc: 1.11mg (7.38%), Vitamin B12: 0.32µg (5.4%), Calcium: 43.75mg (4.38%), Fiber: 0.64g (2.54%), Vitamin D: 0.33µg (2.22%), Vitamin A: 93.57IU (1.87%), Vitamin C: 1.36mg (1.64%)