



## Chicken Nuggets with Crispy Potato Chips and Honey Mustard

READY IN



84 min.

SERVINGS



8

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 ounces baking potato
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup dill pickle juice
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup buttermilk low-fat

- ☐ 0.3 cup canola mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 8 ounces purple sweet potato
- ☐ 2 tablespoons water
- ☐ 1 tablespoon mustard yellow

## Equipment

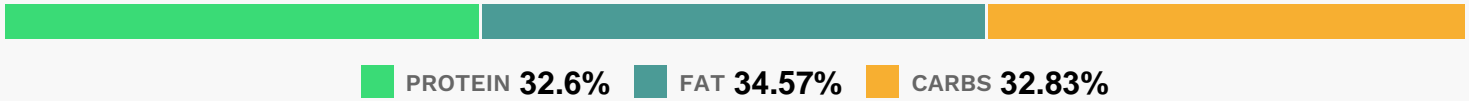
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ ziploc bags
- ☐ microwave

## Directions

- ☐ To prepare the chicken nuggets, combine first 3 ingredients in a large zip-top plastic bag. Marinate in refrigerator 1 hour, turning occasionally.
- ☐ Place panko in a large skillet; cook over medium heat 3 minutes or until toasted, stirring frequently.
- ☐ Preheat oven to 40
- ☐ Remove chicken from marinade; discard marinade.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon kosher salt.
- ☐ Place panko in a zip-top plastic bag.
- ☐ Combine 2 tablespoons water and egg in a shallow dish; dip half of chicken in egg mixture.
- ☐ Add chicken to bag; seal and shake to coat.

- ☐ Remove chicken from bag; arrange chicken in a single layer on a baking sheet. Repeat procedure with remaining egg mixture, panko, and chicken.
- ☐ Bake chicken at 400 for 12 minutes or until done.
- ☐ To prepare chips, combine oil and 1/4 teaspoon salt in a large bowl.
- ☐ Add potatoes; toss gently to coat.
- ☐ Place microwave plate over parchment paper.
- ☐ Cut paper to fit plate. Cover plate with parchment paper; arrange purple potato slices in a single layer over paper. Microwave at HIGH for 4 minutes or until potatoes are crisp and begin to brown. Repeat procedure with baking potatoes, reusing parchment paper.
- ☐ To prepare sauce, combine mayonnaise and remaining ingredients in a medium bowl; stir to combine.
- ☐ Serve with chicken nuggets and potato chips.

## Nutrition Facts



## Properties

Glycemic Index:38.63, Glycemic Load:8, Inflammation Score:-10, Nutrition Score:17.685217473818%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

## Nutrients (% of daily need)

Calories: 280.3kcal (14.02%), Fat: 10.63g (16.36%), Saturated Fat: 1.97g (12.28%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 20.88g (7.59%), Sugar: 5g (5.55%), Cholesterol: 81.33mg (27.11%), Sodium: 589.43mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.11%), Vitamin A: 4092.77IU (81.86%), Vitamin B3: 10.11mg (50.55%), Selenium: 34.1µg (48.72%), Vitamin B6: 0.83mg (41.43%), Phosphorus: 260.13mg (26.01%), Vitamin B5: 1.75mg (17.51%), Potassium: 589.59mg (16.85%), Vitamin B1: 0.22mg (14.75%), Vitamin K: 14.46µg (13.77%), Vitamin B2: 0.22mg (13.09%), Manganese: 0.25mg (12.48%), Magnesium: 44.46mg (11.11%), Iron: 1.47mg (8.17%), Fiber: 1.84g (7.35%), Copper: 0.14mg (6.76%), Zinc: 1.01mg (6.75%), Folate: 26.98µg (6.74%), Calcium: 61.58mg (6.16%), Vitamin B12: 0.34µg (5.65%), Vitamin E: 0.81mg (5.39%), Vitamin C: 3.44mg (4.17%), Vitamin D: 0.22µg (1.49%)