



Chicken Nuggets with Honey Mustard Dipping Sauce

 **Gluten Free**

READY IN



25 min.

SERVINGS



12

CALORIES



243 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 6 fillet chicken breast cut into 1 1/2-inch cubes
- 1 eggs
- 3 tablespoons honey
- 12 servings horseradish to taste
- 1 tablespoon juice from
- 0.8 cup mayonnaise

- 2 tablespoons milk
- 2 tablespoons orange juice as needed (more or less)
- 2 cups sour-cream-and-onion-flavored potato chips crushed
- 2 tablespoons mustard yellow

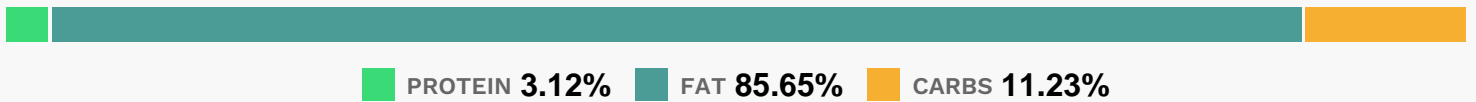
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 350 degrees.
- Spread the crushed potato chips in a shallow dish. Beat together the egg and milk in a shallow bowl. Dip the chicken cubes into the egg mixture and then dredge them in the chips.
- Place the chicken nuggets on a baking sheet and drizzle with melted butter.
- Bake for 15 to 18 minutes, or until golden brown. The chicken nuggets can be frozen after baking.
- Serve with your favorite sauce, such as Honey Mustard or ranch dressing.
- Combine all ingredients except orange juice; stir well. Thin to pouring consistency for dressing or dipping consistency for dips with orange juice. Cover and chill for 2 or 3 hours.

Nutrition Facts



Properties

Glycemic Index:25.77, Glycemic Load:2.53, Inflammation Score:-3, Nutrition Score:3.5608695849128%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 243.14kcal (12.16%), Fat: 23.56g (36.25%), Saturated Fat: 8.92g (55.77%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.79g (2.47%), Sugar: 6.22g (6.91%), Cholesterol: 56.31mg (18.77%), Sodium: 180.02mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin K: 23.91µg (22.77%), Vitamin A: 437.03IU (8.74%), Selenium: 4.06µg (5.8%), Vitamin B2: 0.09mg (5.58%), Vitamin E: 0.8mg (5.36%), Calcium: 49.34mg (4.93%), Phosphorus: 48.22mg (4.82%), Vitamin C: 2.54mg (3.07%), Vitamin B12: 0.16µg (2.59%), Vitamin B5: 0.25mg (2.51%), Potassium: 78.78mg (2.25%), Magnesium: 6.93mg (1.73%), Folate: 6.88µg (1.72%), Vitamin B6: 0.03mg (1.7%), Zinc: 0.25mg (1.68%), Vitamin B1: 0.02mg (1.35%), Manganese: 0.02mg (1.14%), Iron: 0.2mg (1.09%)