



Crispy Chicken Nuggets

READY IN



30 min.

SERVINGS



10

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 2 tablespoons butter
- ☐ 2.5 cups rice cereal crispy crushed rice krispies® (such as)
- ☐ 1 eggs
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.3 pounds chicken breasts boneless skinless cut into 20 pieces
- ☐ 2 tablespoons water

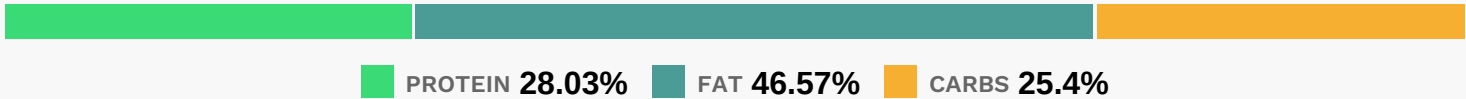
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Beat egg, salt, and pepper together in a bowl.
- ☐ Pour crushed cereal into a separate bowl. Coat chicken pieces in egg mixture. Press chicken pieces into cereal until coated.
- ☐ Heat oil and butter together in skillet over medium heat; cook and stir chicken until coating is golden brown and meat is no longer pink in the center, about 7 minutes.
- ☐ Whisk preserves and water together in a saucepan over medium-low until heated through and smooth, 2 to 3 minutes.
- ☐ Serve apricot sauce with chicken nuggets.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:6.7934782608696%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 185.49kcal (9.27%), Fat: 9.63g (14.81%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.69g (4.25%), Sugar: 5.15g (5.73%), Cholesterol: 58.68mg (19.56%), Sodium: 95.27mg (4.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.07%), Vitamin B3: 6.09mg (30.44%), Selenium: 20.25µg (28.93%), Vitamin B6: 0.43mg (21.74%), Phosphorus: 134.47mg (13.45%), Vitamin B5: 0.88mg (8.82%),

Vitamin E: 1.02mg (6.78%), Potassium: 232.44mg (6.64%), Vitamin B2: 0.09mg (5.47%), Magnesium: 17.4mg (4.35%), Vitamin B1: 0.06mg (3.93%), Vitamin K: 3.74µg (3.56%), Zinc: 0.45mg (2.99%), Folate: 11.74µg (2.94%), Iron: 0.52mg (2.88%), Vitamin A: 135.54IU (2.71%), Vitamin B12: 0.16µg (2.62%), Copper: 0.04mg (2.16%), Vitamin C: 1.72mg (2.09%), Manganese: 0.03mg (1.36%)