



Crixxie's Ranch Chicken Nuggets

READY IN



30 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 0.1 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 1 cup italian-seasoned bread crumbs
- 0.5 cup parmesan cheese grated
- 0.3 cup ranch dressing
- 0.5 teaspoon salt
- 1 pound chicken breasts boneless skinless cut into 1-inch cubes

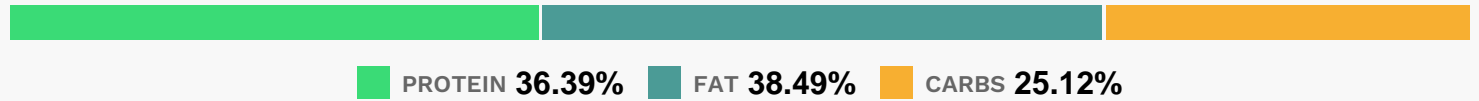
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease an 11x7-inch baking dish.
- Combine bread crumbs, Parmesan cheese, salt, black pepper, and garlic powder in a shallow bowl. Beat egg and 1/4 cup ranch dressing in another shallow bowl; toss chicken in egg mixture until coated. Press chicken into bread crumb mixture and transfer to prepared baking dish.
- Bake in preheated oven until chicken is no long pink in the center and juices run clear, 12 to 15 minutes.
- Serve with remaining 1/4 cup dressing as dipping sauce.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:20.399130541345%

Nutrients (% of daily need)

Calories: 377.65kcal (18.88%), Fat: 15.81g (24.32%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 21.7g (7.89%), Sugar: 2.48g (2.75%), Cholesterol: 128.57mg (42.86%), Sodium: 1192.63mg (51.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.25%), Selenium: 52µg (74.29%), Vitamin B3: 13.7mg (68.52%), Vitamin B6: 0.94mg (46.79%), Phosphorus: 420.75mg (42.08%), Vitamin K: 34.58µg (32.93%), Vitamin B1: 0.37mg (24.76%), Vitamin B5: 2.13mg (21.34%), Vitamin B2: 0.34mg (20.28%), Calcium: 181.94mg (18.19%), Manganese: 0.35mg (17.49%), Potassium: 539.49mg (15.41%), Magnesium: 50.02mg (12.51%), Iron: 2.21mg (12.27%), Zinc: 1.8mg (12%), Folate: 46.82µg (11.71%), Vitamin B12: 0.62µg (10.4%), Copper: 0.12mg (6.1%), Fiber: 1.51g (6.04%), Vitamin E: 0.81mg (5.38%), Vitamin A: 265.83IU (5.32%), Vitamin D: 0.41µg (2.74%), Vitamin C: 2.17mg (2.63%)