



Crunchy Chicken Nuggets with Green Onion Honey Dip

READY IN



65 min.

SERVINGS



24

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 cups canola oil
- ☐ 12 chicken tenderloins halved
- ☐ 1 cup crunchy corn cereal recommended: Cap'n Crunch
- ☐ 1 cup rice cereal crispy recommended: Rice Krispies
- ☐ 2 eggs beaten
- ☐ 4 tablespoons flour all-purpose
- ☐ 2 tablespoons green onions chopped
- ☐ 2 tablespoons honey

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons salt
- ☐ 1 cup cup heavy whipping cream sour

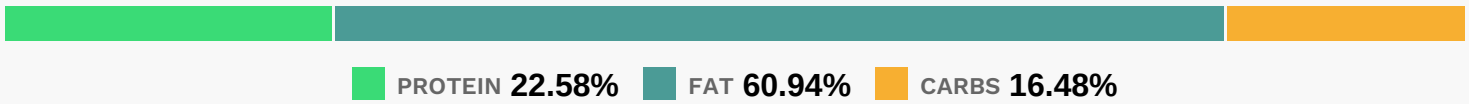
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Put the 2 cereals into a gallon-sized bag and seal.
- ☐ Place on a flat surface and, using a rolling pin, crush the cereal until it's still slightly chunky.
- ☐ Pour into a medium sized bowl and add the flour, salt and pepper and mix to combine.
- ☐ Dip the chicken pieces into the beaten eggs, 1 at a time, and transfer to the breading mix. Coat well and refrigerate for 30 minutes.
- ☐ Pour the oil into a large saucepan and place over medium-high heat for 2 to 3 minutes. Test the oil by dropping a bread cube in; if it browns within 1 minute the oil is ready. Drop the chicken nuggets into the hot oil, 4 pieces at a time, and cook 2 minutes, or until the breading is golden and the chicken is cooked through. Repeat with the remaining chicken nuggets. Keep warm in a low oven until ready to serve.
- ☐ Place all ingredients in a small bowl and mix until well combined. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:4.129130438618%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 111.25kcal (5.56%), Fat: 7.55g (11.61%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.9g (2.11%), Cholesterol: 35.29mg (11.76%), Sodium: 336.59mg (14.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.59%), Vitamin B3: 2.93mg (14.67%), Selenium: 10.1µg (14.43%), Vitamin B6: 0.22mg (10.98%), Phosphorus: 70.82mg (7.08%), Vitamin E: 0.95mg (6.3%), Vitamin B2: 0.09mg (5%), Vitamin B5: 0.46mg (4.55%), Vitamin K: 4.64µg (4.42%), Iron: 0.6mg (3.34%), Potassium: 116.64mg (3.33%), Vitamin B1: 0.05mg (3.24%), Folate: 11.31µg (2.83%), Vitamin B12: 0.16µg (2.68%), Magnesium: 9.08mg (2.27%), Vitamin A: 113.05IU (2.26%), Zinc: 0.26mg (1.73%), Calcium: 14.13mg (1.41%), Manganese: 0.02mg (1.23%)