



Gluten-Free Chicken Nuggets

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bite-size corn square cereal corn chex® such as
- ☐ 2 eggs
- ☐ 0.3 cup oil for frying or as needed
- ☐ 0.3 cup rice flour
- ☐ 4 chicken breast halves boneless skinless cut into bite-size pieces

Equipment

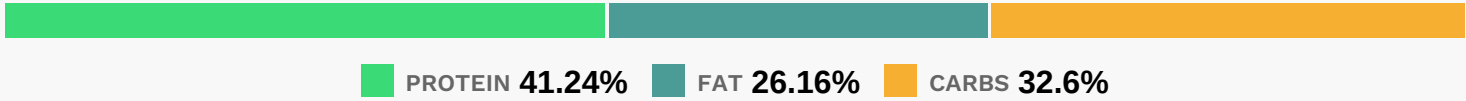
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ blender
- ☐ kitchen thermometer

Directions

- ☐ Blend cereal in a blender or food processor until it has the consistency of bread crumbs; pour into a bowl.
- ☐ Beat eggs in a separate bowl until smooth.
- ☐ Pour rice flour into a third bowl.
- ☐ Dredge chicken pieces in the rice flour, dip in beaten egg, and then press into the cereal to coat. Keep breaded chicken on a large plate until all are finished, but do not stack.
- ☐ Pour enough oil into a large skillet to just cover the bottom and heat over medium-high heat.
- ☐ Cook chicken nuggets in hot oil until no longer pink in the center and the juices run clear, 2 to 3 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:7.05, Inflammation Score:-5, Nutrition Score:19.054782380228%

Nutrients (% of daily need)

Calories: 283.81kcal (14.19%), Fat: 8.06g (12.41%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 21.83g (7.94%), Sugar: 1.43g (1.59%), Cholesterol: 154.16mg (51.39%), Sodium: 264.38mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.21%), Vitamin B3: 14.65mg (73.27%), Selenium: 46.09µg (65.84%), Vitamin B6: 1.19mg (59.63%), Phosphorus: 308.21mg (30.82%), Iron: 4.9mg (27.2%), Vitamin B2: 0.43mg (25.24%), Vitamin B5: 2.09mg (20.89%), Vitamin B1: 0.29mg (19.14%), Vitamin B12: 1.12µg (18.7%), Folate: 65.37µg (16.34%), Potassium: 482.11mg (13.77%), Magnesium: 42.15mg (10.54%), Manganese: 0.21mg (10.33%), Vitamin A: 402.74IU (8.05%), Zinc: 1.19mg (7.91%), Vitamin D: 1.06µg (7.05%), Vitamin E: 0.97mg (6.45%), Vitamin C: 4.3mg (5.21%), Copper: 0.09mg (4.57%), Fiber: 0.78g (3.13%), Vitamin K: 2.29µg (2.18%), Calcium: 20mg (2%)