



Gluten-Free Favorite Chicken Nuggets

READY IN



32 min.

SERVINGS



25

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups cornflakes
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon salt
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon paprika
- 0.1 teaspoon garlic powder
- 3 tablespoons butter melted
- 1 tablespoon milk
- 1 lb chicken breast boneless skinless cut into 1x1-inch pieces

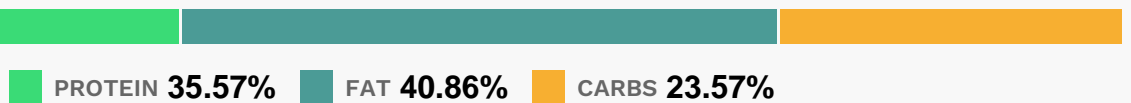
Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- ziploc bags
- rolling pin

Directions

- Heat oven to 400°F. Line cookie sheet with foil. Crush cereal. (To easily crush cereal, place in plastic bag or between sheets of waxed paper, and crush with rolling pin.)
- In medium bowl, stir together crushed cereal, cheese, salt, seasoned salt, paprika and garlic powder. In small bowl, stir together melted butter and milk. Dip chicken into butter mixture, then roll in cereal mixture to coat evenly.
- Place on cookie sheet.
- Bake 9 minutes; turn nuggets over.
- Bake about 8 minutes longer or until coating is light golden brown and chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:2.32, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.3508695435265%

Nutrients (% of daily need)

Calories: 53.64kcal (2.68%), Fat: 2.42g (3.72%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.35g (0.39%), Cholesterol: 13.42mg (4.47%), Sodium: 189.65mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Vitamin B3: 2.5mg (12.49%), Vitamin B6: 0.2mg (9.94%), Selenium: 6.8µg (9.72%), Iron: 1.05mg (5.85%), Phosphorus: 55.33mg (5.53%), Vitamin B2: 0.08mg (4.58%), Vitamin B12: 0.24µg (3.94%), Vitamin B1: 0.06mg (3.85%), Folate: 12.87µg (3.22%), Vitamin A: 153.67IU

(3.07%), Vitamin B5: 0.28mg (2.77%), Potassium: 78.72mg (2.25%), Calcium: 20.11mg (2.01%), Magnesium: 6.9mg (1.72%), Zinc: 0.23mg (1.53%), Vitamin C: 0.93mg (1.12%), Vitamin D: 0.16µg (1.04%)