



## Golden Chicken Nuggets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 chicken breasts whole
- 0.3 cup dijon mustard
- 1 eggs slightly beaten
- 0.5 cup flour all-purpose
- 0.5 cup honey
- 0.8 teaspoon salt
- 2 teaspoons sesame seed
- 4 servings vegetable oil

0.5 cup water

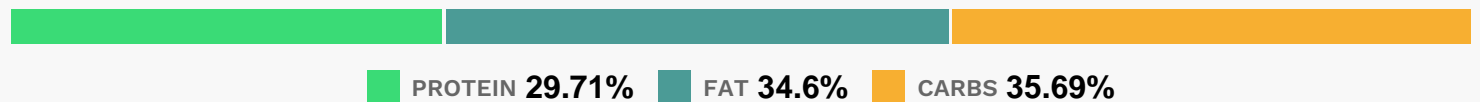
## Equipment

paper towels

## Directions

- Cut chicken into 1- x 1 1/2-inch pieces; set aside.
- Combine next 5 ingredients; mix well. Dip chicken into batter, and fry in hot oil (37
- until golden brown.
- Drain on paper towels.
- Combine honey and mustard, stirring well.
- Serve with nuggets.

## Nutrition Facts



## Properties

Glycemic Index:48.57, Glycemic Load:26.94, Inflammation Score:-4, Nutrition Score:22.700434695119%

## Nutrients (% of daily need)

Calories: 536.8kcal (26.84%), Fat: 20.79g (31.98%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 46.74g (17%), Sugar: 35.17g (39.08%), Cholesterol: 149.4mg (49.8%), Sodium: 880.11mg (38.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.17g (80.34%), Selenium: 70.65µg (100.93%), Vitamin B3: 18.82mg (94.11%), Vitamin B6: 1.33mg (66.38%), Phosphorus: 425mg (42.5%), Vitamin B5: 2.74mg (27.44%), Vitamin K: 26.48µg (25.22%), Potassium: 716.98mg (20.49%), Vitamin B2: 0.33mg (19.37%), Vitamin B1: 0.28mg (18.84%), Magnesium: 63.45mg (15.86%), Manganese: 0.28mg (14.06%), Iron: 2.2mg (12.25%), Vitamin E: 1.67mg (11.11%), Folate: 43.81µg (10.95%), Zinc: 1.54mg (10.28%), Copper: 0.15mg (7.63%), Vitamin B12: 0.44µg (7.28%), Fiber: 1.52g (6.07%), Calcium: 43.5mg (4.35%), Vitamin C: 2.33mg (2.82%), Vitamin D: 0.39µg (2.6%), Vitamin A: 125.07IU (2.5%)