

## Golden Nuggets

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups muffin breadcrumbs fresh english ( 2 muffins)
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 1 pound skinned cut into 1/2-inch strips

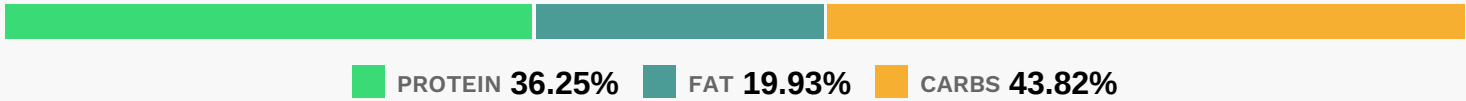
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ wax paper

## Directions

- ☐ Combine first 6 ingredients in a zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Preheat oven to 37
- ☐ Combine breadcrumbs and cheese in a bowl.
- ☐ Remove chicken from bag and arrange on a sheet of wax paper.
- ☐ Sprinkle chicken evenly with 1 cup breadcrumb mixture. Turn chicken, and sprinkle with remaining breadcrumb mixture. Arrange chicken strips on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 30 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:17.25, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:21.999565290368%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 392.52kcal (19.63%), Fat: 8.51g (13.09%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 39.37g (14.32%), Sugar: 4.92g (5.47%), Cholesterol: 81.02mg (27.01%), Sodium: 1007.97mg (43.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.83g (69.66%), Vitamin B3: 15.47mg (77.36%), Selenium: 53.46µg (76.37%), Vitamin B6: 0.94mg (47.1%), Phosphorus: 408.37mg (40.84%), Vitamin B1: 0.61mg (40.64%), Manganese: 0.57mg (28.28%), Vitamin B2: 0.41mg (24.15%), Calcium: 222.09mg (22.21%), Vitamin B5: 2.03mg (20.35%), Iron: 3.29mg (18.29%), Potassium: 600.45mg (17.16%), Folate: 66.4µg (16.6%), Magnesium: 60.91mg (15.23%), Zinc: 1.95mg (12.99%), Fiber: 2.72g (10.88%), Vitamin B12: 0.59µg (9.9%), Copper: 0.18mg (9.05%), Vitamin K: 7.38µg (7.02%), Vitamin C: 3.22mg (3.9%), Vitamin A: 181.63IU (3.63%), Vitamin E: 0.45mg (3.01%), Vitamin D: 0.16µg (1.03%)