



## Homemade Chicken Nuggets

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup breadcrumbs prepared
- 1 large eggs
- 0.5 cup flour all-purpose
- 1 teaspoon sea salt
- 4 servings kosher salt and ground pepper black
- 2 chicken breasts boneless skinless cut into 1 1/2-inch pieces
- 1 cup vegetable oil

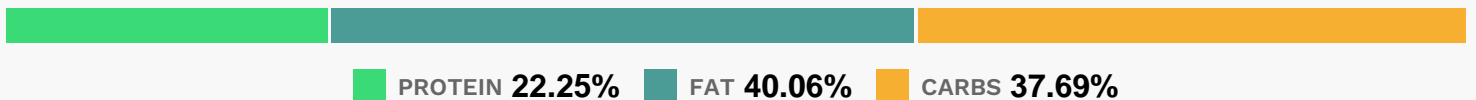
### Equipment

- bowl
- frying pan
- whisk
- ziploc bags
- spatula

## Directions

- Place the flour in a resealable plastic bag and season with the garlic, 1 teaspoon salt and 1/4 teaspoon pepper.
- Place the chicken pieces in the bag with the flour and toss to coat (work in batches).
- Transfer the breadcrumbs to a rimmed plate, season with salt and pepper and set aside.
- Whisk the egg and 1 tablespoon water in a medium bowl.
- Remove a piece of chicken from the flour, dip in the egg mixture, then the breadcrumbs, gently pressing the crumbs into the chicken, and set on a clean plate. Repeat with the remaining pieces of chicken.
- Heat the vegetable oil in a large frying pan over medium-high heat.
- Add the chicken pieces to the pan (work in batches if needed) and brown on each side, about 8 minutes total. Use a spatula to transfer the chicken nuggets to a paper-towel-lined plate. Salt while hot and serve.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:8.66, Inflammation Score:-4, Nutrition Score:14.234782563603%

## Nutrients (% of daily need)

Calories: 344.9kcal (17.24%), Fat: 15.15g (23.3%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 30.33g (11.03%), Sugar: 1.78g (1.98%), Cholesterol: 82.66mg (27.55%), Sodium: 281.71mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.85%), Selenium: 34.2µg (48.86%), Vitamin B3: 8.62mg (43.12%), Vitamin B1: 0.43mg (28.55%), Vitamin B6: 0.5mg (24.83%), Vitamin K: 22.19µg (21.13%), Phosphorus: 208.09mg (20.81%), Manganese: 0.39mg (19.34%), Vitamin B2: 0.3mg (17.7%), Folate: 65.99µg (16.5%),

Iron: 2.51mg (13.95%), Vitamin B5: 1.22mg (12.21%), Potassium: 306.22mg (8.75%), Magnesium: 31.99mg (8%),  
Vitamin E: 1.17mg (7.78%), Fiber: 1.73g (6.92%), Zinc: 1.01mg (6.76%), Calcium: 62.61mg (6.26%), Copper: 0.12mg  
(6.05%), Vitamin B12: 0.32µg (5.31%), Vitamin D: 0.31µg (2.04%), Vitamin A: 85IU (1.7%)