



Kickin' Chicken Nuggets

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken cutlets cut into 3-inch pieces
- ☐ 1 eggs
- ☐ 1 cup parmesan grated
- ☐ 6 ounce spicy pita chips hot (such as Stacy's Texarkana)
- ☐ 4 scallions trimmed chopped
- ☐ 1 cup cup heavy whipping cream sour

Equipment

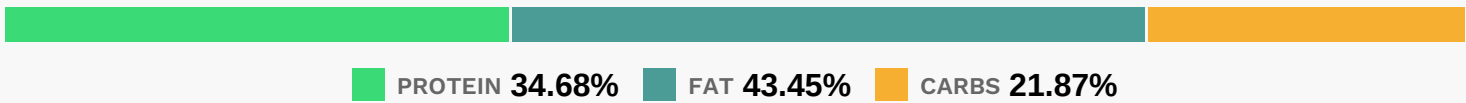
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 F.
- ☐ Place the pita chips and Parmesan in the bowl of a food processor. Pulse until coarsely ground.
- ☐ Transfer to a large bowl and stir in the parsley, if using. In a medium bowl, beat the egg with 1 teaspoon water. Dip the chicken in the egg, letting any excess drip off, then in the pita-chip mixture, pressing gently to help it adhere.
- ☐ Place the chicken pieces on a parchment-lined baking sheet.
- ☐ Bake until cooked through, 10 to 12 minutes. In a small bowl, combine the sour cream and scallions and serve with the chicken for dipping.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:15.2221738048222%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 309.83kcal (15.49%), Fat: 14.78g (22.73%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 15.77g (5.74%), Sugar: 2.25g (2.5%), Cholesterol: 100.35mg (33.45%), Sodium: 498.17mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.08%), Selenium: 39.85µg (56.93%), Vitamin B3: 10.46mg (52.32%), Vitamin B6: 0.7mg (34.82%), Phosphorus: 326.68mg (32.67%), Calcium: 192.3mg (19.23%), Vitamin B2: 0.27mg (15.89%), Vitamin B5: 1.56mg (15.6%), Vitamin K: 13.51µg (12.86%), Vitamin B1: 0.19mg (12.64%), Vitamin E: 1.86mg (12.42%), Potassium: 413.7mg (11.82%), Folate: 41.13µg (10.28%), Magnesium: 40.21mg (10.05%), Iron: 1.6mg (8.88%), Manganese: 0.17mg (8.45%), Zinc: 1.23mg (8.2%), Vitamin A: 391.77IU (7.84%), Vitamin B12: 0.43µg (7.16%), Fiber: 0.96g (3.86%), Copper: 0.07mg (3.55%), Vitamin C: 2.41mg (2.92%), Vitamin D: 0.26µg (1.72%)