



## Panko Chicken Nuggets

READY IN



20 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings barbecue sauce for dipping, optional
- 0.3 cup buttermilk
- 1 sticks celery optional
- 1 large eggs
- 1 teaspoon garlic powder
- 1 teaspoon penzey's southwest seasoning italian
- 1.5 cups panko bread crumbs
- 0.3 teaspoon paprika
- 4 servings salt and pepper

- 1 pound chicken breast boneless skinless cut into bite-size pieces
- 0.5 cup vegetable oil

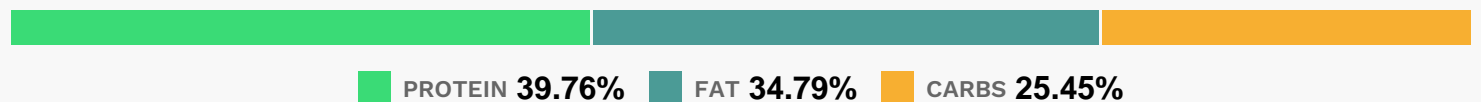
## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- whisk

## Directions

- Whisk the egg and buttermilk in a medium bowl. Soak chicken pieces in egg mixture while you gather remaining ingredients. Meanwhile, in another shallow bowl combine panko with paprika, garlic powder, Italian seasoning, and salt and pepper, to taste. Set a rack on a cookie sheet lined with paper towels.
- Heat oil in a large skillet over medium heat. Lift chicken from buttermilk, letting excess liquid drain back into the bowl, then dip into panko and turn to coat on all sides.
- Carefully place chicken in oil and cook until they are golden and crispy and cooked through, about for 5 minutes per side.
- Transfer chicken to the rack to cool.
- Place in sealed container. Pack in a lunch box with their favorite veggies and ranch, honey mustard or barbecue sauce for dipping.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:17.717825951784%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 303.88kcal (15.19%), Fat: 11.5g (17.69%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 17.42g (6.33%), Sugar: 2.93g (3.26%), Cholesterol: 121.27mg (40.42%), Sodium: 547.74mg (23.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Vitamin B3: 13.43mg (67.14%), Selenium: 46.8µg (66.85%), Vitamin B6: 0.93mg (46.67%), Phosphorus: 323.85mg (32.38%), Vitamin B1: 0.31mg (20.76%), Vitamin B5: 2.05mg (20.47%), Vitamin B2: 0.31mg (18.06%), Vitamin K: 17.99µg (17.13%), Potassium: 554.38mg (15.84%), Manganese: 0.27mg (13.72%), Magnesium: 46.04mg (11.51%), Iron: 2.01mg (11.18%), Folate: 40.7µg (10.18%), Calcium: 90.16mg (9.02%), Zinc: 1.28mg (8.52%), Vitamin B12: 0.51µg (8.48%), Vitamin E: 0.99mg (6.61%), Fiber: 1.51g (6.02%), Copper: 0.11mg (5.72%), Vitamin A: 251.73IU (5.03%), Vitamin D: 0.62µg (4.16%), Vitamin C: 1.7mg (2.06%)