



## Parmesan chicken nuggets

READY IN



45 min.

SERVINGS



2

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 servings pepper black
- 1 chicken breast boneless thinly sliced
- 0.5 cup breadcrumbs homemade
- 4 tbsp butter diced softened
- 1 eggs lightly beaten
- 1 Tbs parsley fresh chopped
- 1 garlic clove crushed
- 0.3 cup grana padano cheese grated
- 0.3 cup mayonnaise

- 1 pinch salt and pepper black
- 0.3 cup fromage frais (farmer's cheese)

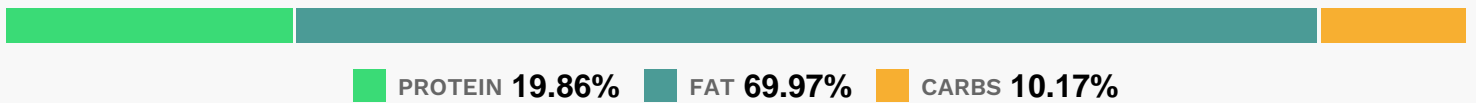
## Equipment

- baking sheet
- oven

## Directions

- Cut the fillet into four to five smaller pieces.
- Mix and combine breadcrumbs, Parmesan and parsley in a shallow dish and season with salt and pepper. Dip the chicken pieces into the beaten egg, then into the breadcrumb mixture.
- Place in a single layer on a small baking sheet and chill in the refrigerator for at least 30 minutes or even overnight. Meanwhile, make the garlic mayonnaise.
- Mix and combine all ingredients. Cover and chill until ready to serve.
- Drizzle the butter over chicken pieces and cook in the oven at 180C for about 20 minutes, until crisp and golden.
- Serve immediately with the garlic mayonnaise and green salad. Easy suggestion: alternatively, cool the chicken, store in the refrigerator until required, and then serve at the room temperature with the garlic mayonnaise. Ideal for picnics.

## Nutrition Facts



## Properties

Glycemic Index:110.5, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:25.043913043478%

## Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Taste

Sweetness: 13.98%, Saltiness: 76.17%, Sourness: 10.61%, Bitterness: 11.86%, Savoriness: 52.06%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 829.04kcal (41.45%), Fat: 63.94g (98.36%), Saturated Fat: 24.65g (154.05%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 19.57g (7.12%), Sugar: 2.12g (2.35%), Cholesterol: 252.41mg (84.14%), Sodium: 1158.33mg (50.36%), Protein: 40.84g (81.68%), Vitamin K: 96.48µg (91.88%), Selenium: 53.89µg (76.99%), Vitamin B3: 13.68mg (68.38%), Vitamin B6: 0.95mg (47.61%), Phosphorus: 430.37mg (43.04%), Vitamin B1: 0.36mg (23.8%), Calcium: 230.97mg (23.1%), Vitamin A: 1145.05IU (22.9%), Vitamin B5: 2.27mg (22.67%), Vitamin B2: 0.38mg (22.61%), Vitamin E: 2.39mg (15.96%), Manganese: 0.32mg (15.86%), Potassium: 545.04mg (15.57%), Iron: 2.45mg (13.59%), Magnesium: 51.57mg (12.89%), Vitamin B12: 0.76µg (12.66%), Folate: 50.29µg (12.57%), Zinc: 1.8mg (11.97%), Copper: 0.14mg (6.75%), Fiber: 1.33g (5.34%), Vitamin C: 4.35mg (5.27%), Vitamin D: 0.69µg (4.6%)