



Pretzel-Crusted Chicken Nuggets

READY IN



15 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast boneless cut into 2-inch pieces
- 2 large eggs
- 0.5 cup flour all-purpose
- 0.5 cup parmesan grated
- 0.3 teaspoon pepper
- 3 oz pretzel twists salted

Equipment

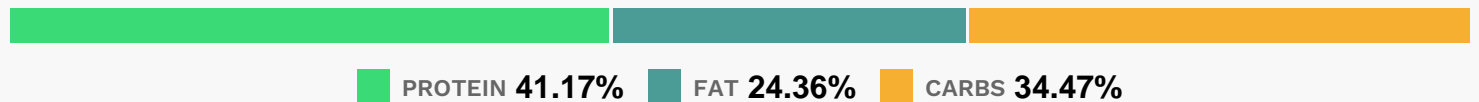
- food processor

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400F and coat a large baking sheet with cooking spray.
- Place pretzels and Parmesan in a food processor and process until coarsely ground and well mixed, 20 to 30 seconds.
- Transfer to a large bowl.
- Combine flour and pepper in a separate bowl. Beat eggs with 1 tsp. water in a third bowl.
- Roll a chicken piece in flour mixture until thoroughly coated. Dip in eggs, allowing excess to drip off.
- Transfer to pretzel mixture and turn until thoroughly coated.
- Place chicken on baking sheet. Repeat with remaining pieces of chicken.
- Bake until lightly browned, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:22.34, Inflammation Score:-5, Nutrition Score:19.426956850549%

Nutrients (% of daily need)

Calories: 352.86kcal (17.64%), Fat: 9.32g (14.34%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 28.5g (10.37%), Sugar: 0.71g (0.78%), Cholesterol: 174.07mg (58.02%), Sodium: 631.28mg (27.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.45g (70.89%), Selenium: 53.01µg (75.73%), Vitamin B3: 13.92mg (69.62%), Vitamin B6: 0.93mg (46.31%), Phosphorus: 418.67mg (41.87%), Vitamin B2: 0.42mg (24.54%), Vitamin B5: 2.2mg (21.98%), Folate: 84.26µg (21.07%), Vitamin B1: 0.3mg (20.03%), Calcium: 176.31mg (17.63%), Manganese: 0.35mg (17.37%), Potassium: 531.37mg (15.18%), Iron: 2.67mg (14.84%), Magnesium: 47.8mg (11.95%), Zinc: 1.66mg (11.04%), Vitamin B12: 0.6µg (9.99%), Copper: 0.11mg (5.5%), Vitamin A: 267.33IU (5.35%), Fiber: 1.18g (4.71%), Vitamin D: 0.68µg (4.51%), Vitamin E: 0.62mg (4.11%), Vitamin C: 1.81mg (2.19%), Vitamin K: 1.36µg (1.3%)