



Real chicken nuggets with smoky BBQ sauce

READY IN



30 min.

SERVINGS



2

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp mayonnaise
- ☐ 2 fillet chicken breast skinless cut into chunks or fingers
- ☐ 25 g breadcrumb fresh
- ☐ 25 g lightly weetabix crushed
- ☐ 2 servings salad
- ☐ 25 g muscovado sugar light
- ☐ 2 tbsp red-wine vinegar
- ☐ 4 tbsp tomato ketchup
- ☐ 1 tbsp worcestershire sauce

☐ 0.3 tsp paprika smoked

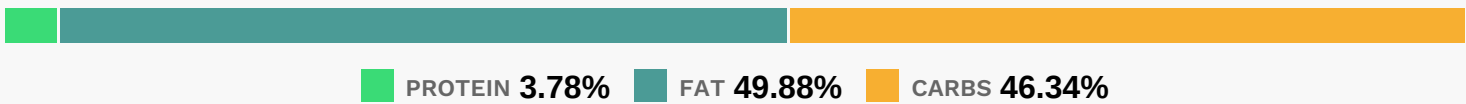
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ To make the BB Q sauce, put all the ingredients in a pan with 6 tbsp water, and allow to bubble and reduce for 5 mins.
- ☐ Meanwhile, put the mayonnaise in a bowl with the chicken and stir well to coat.
- ☐ Mix the crumbs and Weetabix with some seasoning. Tip onto a plate and use the crumbs to coat the chicken.
- ☐ Spread out the chicken pieces on a baking tray and bake for 10 mins until tender but still juicy.
- ☐ Serve with the BB Q sauce and chips or salad.

Nutrition Facts



Properties

Glycemic Index:64.67, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:5.7265217174654%

Flavonoids

Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 282kcal (14.1%), Fat: 15.85g (24.39%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 32.34g (11.76%), Sugar: 22g (24.44%), Cholesterol: 23.56mg (7.85%), Sodium: 613.68mg (26.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 24.63µg (23.45%), Vitamin A: 494.79IU (9.9%), Vitamin B1: 0.13mg (8.94%), Manganese: 0.17mg (8.54%), Iron: 1.43mg (7.93%), Vitamin B3: 1.54mg (7.7%),

Vitamin B2: 0.12mg (7.35%), Vitamin E: 1.04mg (6.94%), Potassium: 226.94mg (6.48%), Selenium: 4.24µg (6.06%), Calcium: 58.91mg (5.89%), Folate: 18.31µg (4.58%), Copper: 0.09mg (4.51%), Vitamin B6: 0.09mg (4.49%), Phosphorus: 42.81mg (4.28%), Magnesium: 13.64mg (3.41%), Vitamin C: 2.73mg (3.3%), Fiber: 0.8g (3.19%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.06µg (1.04%)