



## Ritzy Chicken Nuggets

READY IN



765 min.

SERVINGS



3

CALORIES



418 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons gherkin brine
- 1 cup buttermilk
- 1 tablespoons capers
- 1.8 cups cracker crumbs (recommended: Ritz crackers)
- 0.5 teaspoon dijon mustard
- 2 large pickled cucumbers / gherkins diced
- 0.5 cup oil (if you are frying the nuggets)
- 2 tablespoons olive oil
- 2 tablespoons parsley leaves chopped

- 1 head the of 1 cos lettuce

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- kitchen towels
- rolling pin
- kitchen scissors

## Directions

- Cut off the chicken peg bone if there is 1, and put the chicken breasts one at a time into a freezer bag so that it lies flat. Bash with a rolling pin until the chicken is quite thin, and then take it out and slice into about 6 to 8 slices. Repeat with the other chicken breast. This is easiest done with scissors.
- Put the slices into a freezer bag with the buttermilk and leave in the refrigerator to marinate for up to 2 days.
- When you are ready to cook them, heat the oil in a large frying pan, or preheat the oven to 425 degrees F.
- Tip the cracker crumbs into a wide shallow bowl, and then shake off the excess buttermilk from the nuggets and dip them in the crumbs. Coat them well before lying gently in the hot oil, and cooking for about 2 minutes or so a side until they are golden brown.
- Transfer to a kitchen towel on a plate to blot the excess oil.
- Alternatively, you can lay the crumb-coated chicken nuggets on a lined baking sheet and bake for 15 to 20 minutes. They can also be frozen once marinated and crumbed. If cooking from frozen, add 5 minutes to the oven cooking time.
- Slice the lettuce into 1/2-inch slices across and put into a bowl.
- Add the diced gherkins and capers.

Combine the dressing ingredients, whisking together, and then pour over the salad tossing it to mix. Arrange on a couple of plates and sprinkle over the parsley.

Serve with the chicken nuggets.

## Nutrition Facts

**PROTEIN 7.57%** **FAT 59.53%** **CARBS 32.9%**

### Properties

Glycemic Index:31.67, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:25.959565245587%

### Flavonoids

Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

### Nutrients (% of daily need)

Calories: 417.77kcal (20.89%), Fat: 28.45g (43.77%), Saturated Fat: 5.41g (33.78%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 28.9g (10.51%), Sugar: 10.24g (11.37%), Cholesterol: 8.8mg (2.93%), Sodium: 1678.15mg (72.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Vitamin A: 18707.68IU (374.15%), Vitamin K: 329.27µg (313.59%), Folate: 318.61µg (79.65%), Vitamin E: 4.33mg (28.85%), Manganese: 0.54mg (26.77%), Fiber: 6.48g (25.9%), Phosphorus: 241.46mg (24.15%), Iron: 4.25mg (23.6%), Vitamin B1: 0.35mg (23.13%), Vitamin B2: 0.39mg (22.71%), Calcium: 220.13mg (22.01%), Potassium: 702.94mg (20.08%), Vitamin C: 12.91mg (15.65%), Copper: 0.25mg (12.73%), Magnesium: 50.08mg (12.52%), Vitamin B3: 2.49mg (12.45%), Vitamin B6: 0.22mg (10.8%), Selenium: 5.72µg (8.18%), Vitamin B5: 0.78mg (7.78%), Zinc: 1.06mg (7.05%), Vitamin D: 1.04µg (6.93%), Vitamin B12: 0.37µg (6.13%)