



Sweet and Sour Chicken Nuggets

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs dry fine
- 2 tablespoons catsup
- 2 teaspoons lemon pepper
- 4 chicken breast halves boneless skinless cubed
- 2 tablespoons soya sauce
- 2 tablespoons sugar
- 3 tablespoons vegetable oil
- 2 tablespoons vinegar white

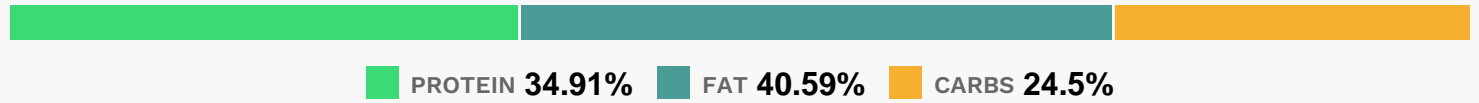
Equipment

- bowl
- frying pan
- sauce pan
- ziploc bags

Directions

- In a bowl or plastic bag, combine bread crumbs and lemon-pepper seasoning.
- Add chicken pieces, a few at a time, and toss to coat.
- Heat oil in a skillet over medium heat. Cook and stir chicken for about 5 minutes or until juices run clear. In a small saucepan, combine sauce ingredients; stir until heated through.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:2.19, Inflammation Score:-2, Nutrition Score:7.5669565563617%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 156.17kcal (7.81%), Fat: 6.96g (10.7%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.97g (3.26%), Sugar: 4.29g (4.77%), Cholesterol: 36.16mg (12.05%), Sodium: 400.54mg (17.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.92%), Vitamin B3: 6.58mg (32.89%), Selenium: 19.91µg (28.44%), Vitamin B6: 0.45mg (22.39%), Phosphorus: 137.56mg (13.76%), Vitamin K: 10.87µg (10.35%), Vitamin B5: 0.87mg (8.68%), Manganese: 0.16mg (8.14%), Potassium: 249.14mg (7.12%), Vitamin B1: 0.1mg (7%), Vitamin B2: 0.1mg (5.78%), Magnesium: 20.77mg (5.19%), Iron: 0.71mg (3.93%), Vitamin E: 0.59mg (3.93%), Zinc: 0.46mg (3.05%), Folate: 10.72µg (2.68%), Copper: 0.05mg (2.44%), Vitamin B12: 0.14µg (2.28%), Fiber: 0.48g (1.91%), Calcium: 19.13mg (1.91%), Vitamin C: 0.83mg (1.01%)