



Tex-Mex Chicken Nuggets

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup club soda
- ☐ 1 eggs beaten
- ☐ 1 egg white
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 cup pickled jalapeño pepper minced
- ☐ 2 teaspoons juice of lime

- ☐ 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup commercial salsa green
- ☐ 1 teaspoon salt
- ☐ 24 ounce skinned cut into 1-inch pieces
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 15 servings vegetable oil
- ☐ 0.8 cup milk whole

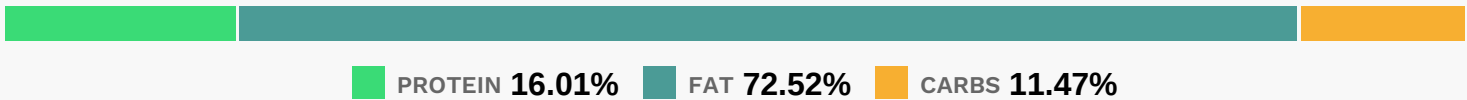
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well. Cover and chill at least 1 hour.
- ☐ Combine masa harina, baking powder, salt, and chili powder; stir well.
- ☐ Combine milk, club soda, egg, and egg white; add mixture to dry ingredients, stirring well. Stir in jalapeno pepper.
- ☐ Dip chicken pieces in batter, coating well.
- ☐ Pour oil to depth of 2 inches in a Dutch oven; heat to 37
- ☐ Fry chicken, a few pieces at a time, 4 to 5 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Serve with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:16.27, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:10.45434777633%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 295.96kcal (14.8%), Fat: 24.08g (37.04%), Saturated Fat: 4.81g (30.04%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.58g (2.76%), Sugar: 1.68g (1.87%), Cholesterol: 51.33mg (17.11%), Sodium: 450.88mg (19.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.93%), Vitamin K: 39.76µg (37.87%), Vitamin B3: 5.75mg (28.77%), Selenium: 17.95µg (25.64%), Vitamin B6: 0.44mg (21.9%), Phosphorus: 164.35mg (16.44%), Vitamin E: 2.01mg (13.41%), Vitamin B1: 0.16mg (10.62%), Vitamin B2: 0.18mg (10.45%), Calcium: 94.74mg (9.47%), Vitamin B5: 0.84mg (8.45%), Vitamin A: 412.14IU (8.24%), Potassium: 280.59mg (8.02%), Magnesium: 25.58mg (6.4%), Iron: 1.06mg (5.91%), Folate: 21.57µg (5.39%), Vitamin C: 3.52mg (4.27%), Zinc: 0.6mg (3.97%), Fiber: 0.98g (3.94%), Vitamin B12: 0.22µg (3.63%), Manganese: 0.07mg (3.59%), Copper: 0.05mg (2.38%), Vitamin D: 0.25µg (1.69%)