



## Turkey Nuggets (or Chicken)

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 eggs
- 0.5 cup flour all-purpose
- 1 pinch salt and ground pepper black to taste
- 2 cups turkey shredded cooked
- 1 tablespoon vegetable oil or as needed
- 0.3 cup water

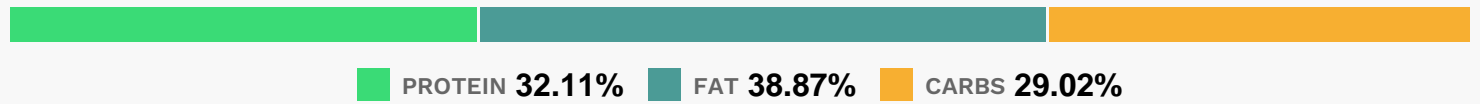
### Equipment

- bowl
- frying pan

## Directions

- Stir water and baking powder together in a bowl (mixture should foam).
- Mix turkey, flour, egg, salt, and black pepper into water and baking powder. Form mixture into bite-size nuggets.
- Heat vegetable oil in a skillet over medium heat. Fry the nuggets in the hot vegetable oil until golden brown, 5 to 8 minutes per side.

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:9.01, Inflammation Score:-2, Nutrition Score:8.4052175024281%

## Nutrients (% of daily need)

Calories: 173.6kcal (8.68%), Fat: 7.4g (11.39%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 12g (4.36%), Sugar: 0.11g (0.13%), Cholesterol: 76.7mg (25.57%), Sodium: 231.34mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Selenium: 19.26µg (27.52%), Vitamin B3: 4.72mg (23.62%), Phosphorus: 162.51mg (16.25%), Vitamin B6: 0.32mg (16.17%), Vitamin B2: 0.22mg (12.91%), Vitamin B12: 0.7µg (11.74%), Calcium: 102.67mg (10.27%), Vitamin B1: 0.15mg (10.06%), Folate: 37.25µg (9.31%), Iron: 1.51mg (8.41%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.64mg (6.4%), Vitamin K: 6.37µg (6.07%), Manganese: 0.12mg (5.95%), Magnesium: 17.78mg (4.44%), Potassium: 143.86mg (4.11%), Copper: 0.07mg (3.58%), Vitamin E: 0.45mg (2.99%), Vitamin D: 0.37µg (2.46%), Vitamin A: 87.37IU (1.75%), Fiber: 0.43g (1.72%)