



A Nutrition Resource

BAKED CHICKEN NUGGETS

Yield: 4 Servings | Serving Size: 1 cup

Cost/Serving: \$0.70

Ingredients:

Nonstick cooking spray

1 egg

1/2 cup milk

1/4 teaspoon salt

4 cups cornflakes

2 boneless, skinless, raw chicken breasts, cut into small pieces

Directions:

- 1) Preheat oven to 375°F.
- 2) Collect, cut, and measure all ingredients before starting to prepare the recipe.
- 3) Spray baking sheet with cooking spray.
- 4) Mix egg, milk, and salt with fork in a small bowl.
- 5) Place corn flakes in a sealable plastic bag, seal, and crush into tiny bits.
- 6) Dip chicken pieces in the beaten egg and milk mixture, then drop the chicken pieces into the plastic bag of cornflakes and seal. Shake to coat evenly.
- 7) Place nuggets in a single layer on the baking sheet.
- 8) Bake 10 minutes. Check for doneness and continue baking if needed. Nuggets are done when they are golden brown and have no pink on the inside when cut open.
- 9) Serve hot with ketchup or barbeque sauce.
- 10) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

Nutrition Facts

4 servings per container

Serving size 1 Cup (189g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 640mg 28%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 22g 44%

Vitamin D 1mcg 4%

Calcium 62mg 4%

Iron 2mg 10%

Potassium 308mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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