

Eat Smart • Move More

Oven-Baked Chicken Nuggets

Prep Time: 15 minutes

Total Time: 30 minutes



Ingredients

- Nonstick cooking spray
- 1 egg
- 2 tablespoons 1% milk
- 3 ½ cups bran flakes cereal, crushed
- ½ teaspoon ground black pepper or chili powder
- 1 pound boneless skinless chicken thighs, cut into nugget-size pieces
- ¼ cup dipping sauce

Nutrition Facts

4 servings per container	
Serving size	1 serving (185.55g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 480mg	21%
Total Carbohydrate 35g	13%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes g Added Sugars	
Protein 28g	
Vitamin D 1.5mcg	8%
Calcium 50mg	4%
Iron 11.1mg	60%
Potassium 530mg	10%

*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.

Directions

- Heat oven to 400°F. Coat a baking sheet with nonstick cooking spray.
- In a bowl, whisk the egg and milk together.
- Place crushed cereal and pepper or chili powder in a separate bowl and mix together.
- Dip chicken pieces in egg mixture and then into cereal mixture. Place coated chicken pieces on a baking sheet and lightly spray with nonstick cooking spray.
- Bake for 15 minutes or until internal temperature reaches 165°F. Serve with preferred dipping sauce.

Quick Tips

- ▶ Easily crush the cereal by placing in a resealable plastic bag, remove all the air, and crush with your hands or a rolling pin.
- ▶ Choose dips that are low in fat, sodium, and added sugar, like low-fat ranch, mustard, or hot sauce.

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(Recipe from: <https://whatscooking.fns.usda.gov/>)

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