

# Eat Smart • Move More

## Oven-Baked Chicken Nuggets

Prep Time: 15 minutes

Total Time: 30 minutes



### Ingredients

- 1 teaspoon canola oil
- 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



### Directions



1. Heat oven to 400°F. Grease baking sheet with canola oil.



2. In a bowl, whisk egg and milk together with a fork or whisk.
3. Place crushed cereal and pepper or chili powder in a second bowl and mix together.



4. Dip chicken pieces in egg mixture and then in cereal mixture.



5. Put breaded chicken pieces on the baking sheet. Bake for 15 minutes.
6. Serve with preferred dipping sauce. Enjoy!

### Nutrition Facts

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

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

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