



A Nutrition Resource

BAKED CHICKEN NUGGETS

Yield: 4 Servings | Serving Size: 1 cup

Cost/Serving: \$1.40

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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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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