



Oven-Baked Chicken Nuggets

Ingredients

- 1 teaspoon canola oil
- 1 egg
- 2 tablespoons 1% milk
- 3 ½ cups corn 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.
2. Grease baking sheet with canola oil and set aside.
3. In a bowl, whisk the egg and milk together with a fork or whisk.
4. Place crushed cereal in a second bowl. Add black pepper or chili powder and mix together.
5. Dip chicken pieces in egg mixture and then in cereal mixture.
6. Put coated chicken pieces on the baking sheet.
7. Bake for 15 minutes.
8. Serve with preferred dipping sauce.

Nutrition Facts

Serving Size 1 serving (347.85g)
Servings Per Container 4

Amount Per Serving

Calories 900 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 155mg **52%**

Sodium 310mg **13%**

Total Carbohydrate 7g **2%**

Dietary Fiber 8g **32%**

Sugars 26g

Protein 37g

Vitamin A 2% • Vitamin C 0%

Calcium 20% • Iron 40%

* Percent Daily Values are based on a 2,000 calorie diet.