



EATING SMART  
BEING ACTIVE

## Baked Chicken Nuggets

Makes: 4 servings

Preparation Time: 10 minutes

Cooking Time: 10 minutes

### **Ingredients**

Nonstick cooking spray

1 egg

½ cup milk

¼ 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 cornflakes 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 barbecue sauce.
10. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 Cup (189g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 640mg	<b>28%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	<b>44%</b>
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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