



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Chicken Nuggets

2 pounds chicken, cut into bite-size chunks
½ cup lowfat plain yogurt or milk
1 cup cornflake crumbs
2 tablespoons flour
½ teaspoon parsley
½ teaspoon paprika
½ teaspoon onion powder
½ teaspoon garlic powder
1 tablespoon canola oil

1. Place chicken chunks into a large bowl with yogurt or milk. Make sure all pieces of chicken are coated.
2. Combine cornflake crumbs, flour, parsley, paprika, onion powder and garlic powder in a clean, resealable plastic bag and mix well. Drizzle in the oil and mix well.
3. Add the chicken chunks to the crumb mixture, seal the bag, and shake well to coat all the pieces.
4. Spray cookie sheet lightly with oil and place the coated chicken chunks on the sheet.
5. Bake at 400° F for 20 minutes or until cooked through.
Makes 8-10 servings.

Nutrition Facts

Serving Size: 4 nuggets (135g)

Servings: 8

Amount Per Serving

Calories 200 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 125mg **5%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **1%**

Sugars 1g

Protein 33g

Vitamin A 4% ■ Vitamin C 0%

Calcium 2% ■ Iron 4%

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



TV Show

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