

Baked Chicken Nuggets

Yield 4 servings
Cooking time 15 minutes
Total time 15 minutes

Ingredients

1 1/2 pound	chicken thighs, boneless, skinless
1 cup	cereal crumbs, cornflake type
1/2 teaspoon	Italian herb seasoning
1/4 teaspoon	garlic powder
1/4 teaspoon	onion powder
1 teaspoon	paprika

Instructions

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Conventional Method:

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Cost

Per recipe: \$4.66
Per serving: \$1.17

Nutrition Facts	
Serving Size 3 oz. or 1/4 of recipe (178g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 240mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 33g	
Vitamin A 8%	• Vitamin C 2%
Calcium 2%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA, Center for Nutrition Policy and Promotion (CNPP), [Recipes and Tips for Healthy, Thrifty Meals, 2000](#)

Notes

to remove bone from chicken thigh:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.