



# Crunchy Chicken Nuggets



Oregon State  
University

## Ingredients

- 1 pound boneless, skinless **chicken breasts**, cut into 1-inch cubes
- ½ cup **barbeque sauce**
- 3 cups **cereal flakes**

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees.
3. Mix chicken and barbeque sauce in a large bowl.
4. Pour cereal flakes into a large plastic bag and crush into small pieces.
5. Place chicken pieces in the bag, reseal, and toss to coat.
6. Lightly coat a baking sheet with cooking spray. Arrange coated chicken pieces on the baking sheet.
7. Bake until crispy and golden brown and chicken is no longer pink inside, about 20 to 25 minutes.
8. Refrigerate leftovers within 2 hours.

## Notes

For a dipping sauce, mix 1/4 cup mayonnaise, 1 tablespoon honey, and 1 tablespoon whole-grain mustard.

Honey is not recommended for children under 1 year old.

For a home-made barbeque sauce, mix the following ingredients:

- 1/4 cup ketchup
- 1/4 teaspoon each black pepper, salt, oregano, basil and thyme
- 1 teaspoon paprika
- 1 teaspoon parsley
- 2 tablespoons finely chopped yellow onion
- 1 1/2 tablespoons light brown sugar
- 1 tablespoon apple cider vinegar
- 1 teaspoon dijon mustard
- 1 1/2 teaspoons Worcestershire sauce
- 1/2 teaspoon minced garlic or 1 pinch of garlic powder

**Makes:** 25 Chicken Nuggets

**Prep time:** 15 minutes

**Cooking time:** 30 minutes

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>5 nuggets (108g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 1mcg	<b>6%</b>
Calcium 9mg	<b>0%</b>
Iron 4mg	<b>20%</b>
Potassium 169mg	<b>4%</b>
Vitamin A 168mcg	<b>19%</b>
Vitamin C 11mg	<b>12%</b>
<small>*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.</small>	

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