

# Pecan-Crusted Chicken Nuggets

Haili Carroll - Valencia, CA  
Taste of Home Magazine - Feb/Mar 2014

## Servings: 6

1 1/2 cups cornflakes  
1 tablespoon dried parsley flakes  
1/2 teaspoon garlic powder  
1/2 cup panko bread crumbs  
(Japanese)  
1/2 cup finely chopped pecans  
3 tablespoons 2% milk  
1 1/2 pounds boneless/skinless  
chicken breasts, cut into one-inch  
pieces  
1/2 teaspoon salt  
1/4 teaspoon pepper  
cooking spray

Preheat the oven to 400 degrees.

In a blender, place the cornflakes, parsley and garlic powder. Cover and pulse until finely ground. Transfer to a shallow bowl. Stir in the bread crumbs and pecans.

Place the milk in another shallow bowl. Sprinkle the chicken with salt and pepper then dip in the milk and roll in the crumb mixture to coat.

Place on a greased baking sheet. Spritz the chicken with cooking spray.

Bake for 12 to 16 minutes or until the chicken is no longer pink, turning once halfway through cooking.

Start to Finish Time: 30 minutes

---

Per Serving (excluding unknown items): 5 Calories; trace Fat (27.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 182mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 0 Fat.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	5	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	27.5%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	48.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	24.5%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	trace
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace

**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 1mg  
**Carbohydrate (g):** 1g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 182mg  
**Potassium (mg):** 15mg  
**Calcium (mg):** 11mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 16IU  
**Vitamin A (r.e.):** 4 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

---

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

---

### Nutrition Facts

Servings per Recipe: 6

---

#### Amount Per Serving

**Calories** 5 **Calories from Fat:** 1

---

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	1mg	0%
<b>Sodium</b>	182mg	8%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

---

<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		0%

*\* Percent Daily Values are based on a 2000 calorie diet.*