

# Spicy Chicken Nuggets II

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## **Yield: 2 1/2 dozen**

*1 cup Miracle Whip®  
3 tablespoons milk  
1/2 teaspoon ground cumin  
1/2 teaspoon onion powder  
1/4 teaspoon ground red pepper  
1/4 teaspoon garlic powder  
4 (approx 1-1/4 pounds) boneless/  
skinless chicken breasts, cut into one-  
inch chunks  
1 cup sesame crackers, crushed  
1/2 cup salsa*

## **Preparation Time: 15 minutes**

## **Cook Time: 20 minutes**

Preheat the oven to 425 degrees.

In a bowl, mix together 1/2 cup of Miracle Whip, milk, cumin, onion powder, red pepper and garlic powder until well blended.

Lightly dip the chicken into the Miracle Whip mixture. Coat well with cracker crumbs. Place on a greased foil-lined baking sheet.

Bake for 18 to 20 minutes or until tender.

In a cup, mix together the remaining Miracle Whip and the salsa. Serve with the chicken nuggets.

---

Per Serving (excluding unknown items): 1195 Calories; 114g Fat (84.4% calories from fat); 4g Protein; 44g Carbohydrate; 2g Dietary Fiber; 86mg Cholesterol; 2107mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 22 1/2 Fat; 2 Other Carbohydrates.

## Appetizers

### **Per Serving Nutritional Analysis**

|                                       |       |                            |       |
|---------------------------------------|-------|----------------------------|-------|
| <b>Calories (kcal):</b>               | 1195  | <b>Vitamin B6 (mg):</b>    | .2mg  |
| <b>% Calories from Fat:</b>           | 84.4% | <b>Vitamin B12 (mcg):</b>  | .2mcg |
| <b>% Calories from Carbohydrates:</b> | 14.4% | <b>Thiamin B1 (mg):</b>    | .1mg  |
| <b>% Calories from Protein:</b>       | 1.2%  | <b>Riboflavin B2 (mg):</b> | .1mg  |
| <b>Total Fat (g):</b>                 | 114g  | <b>Folacin (mcg):</b>      | 25mcg |
| <b>Saturated Fat (g):</b>             | 17g   | <b>Niacin (mg):</b>        | 1mg   |
| <b>Monounsaturated Fat (g):</b>       | 1g    | <b>Caffeine (mg):</b>      | 0mg   |

**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 86mg  
**Carbohydrate (g):** 44g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 4g  
**Sodium (mg):** 2107mg  
**Potassium (mg):** 382mg  
**Calcium (mg):** 107mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 19mg  
**Vitamin A (i.u.):** 876IU  
**Vitamin A (r.e.):** 99RE

**Alcohol (kcal):** 0  
**% Refuse:** 00%

---

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 22 1/2  
**Other Carbohydrates:** 2

---

## Nutrition Facts

### Amount Per Serving

**Calories** 1195                      **Calories from Fat:** 1009

---

### % Daily Values\*

|                                |      |
|--------------------------------|------|
| <b>Total Fat</b> 114g          | 175% |
| Saturated Fat 17g              | 85%  |
| <b>Cholesterol</b> 86mg        | 29%  |
| <b>Sodium</b> 2107mg           | 88%  |
| <b>Total Carbohydrates</b> 44g | 15%  |
| Dietary Fiber 2g               | 9%   |
| <b>Protein</b> 4g              |      |
| <hr/>                          |      |
| <b>Vitamin A</b>               | 18%  |
| <b>Vitamin C</b>               | 32%  |
| <b>Calcium</b>                 | 11%  |
| <b>Iron</b>                    | 11%  |

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