

Spicy Chicken Nuggets

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Taste of Home - April/May 2016

Servings: 6

1 1/2 cups panko (Japanese) bread crumbs
1 1/2 cups Parmesan cheese, grated
1/2 teaspoon ground chipotle pepper (optional)
1/4 cup butter, melted
1 1/2 pounds boneless/skinless chicken thighs, cut into 1-1/2-inch pieces

Preheat the oven to 400 degrees.

In a shallow bowl, mix the bread crumbs, cheese and, if desired, chipotle pepper. Place the butter in a separate shallow bowl. Dip the chicken pieces in butter, then in the crumb mixture, patting to help the coating adhere.

Place the chicken on a greased 15x10x1-inch baking pan. Sprinkle with the remaining crumb mixture.

Bake for 20 to 25 minutes or until no longer pink.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 159 Calories; 14g Fat (77.2% calories from fat); 8g Protein; 1g Carbohydrate; 0g Dietary Fiber; 36mg Cholesterol; 450mg Sodium. Exchanges: 1 Lean Meat; 2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	159
% Calories from Fat:	77.2%
% Calories from Carbohydrates:	1.8%
% Calories from Protein:	21.0%
Total Fat (g):	14g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	36mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 0g
Protein (g): 8g
Sodium (mg): 450mg
Potassium (mg): 24mg
Calcium (mg): 277mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 429IU
Vitamin A (r.e.): 113 1/2RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 159 **Calories from Fat:** 123

% Daily Values*

Total Fat 14g	21%
Saturated Fat 9g	43%
Cholesterol 36mg	12%
Sodium 450mg	19%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Protein 8g	

Vitamin A	9%
Vitamin C	0%
Calcium	28%
Iron	1%

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