



Categories: Family Friendly. Keto. Low Carb.

Easy Baked Chicken Nuggets

Yield: 3

Prep time: 10 minutes

Total time: 25-30 minutes

Ingredients

Butter, unsalted * | 2 tablespoons

Chicken Breasts, boneless, skinless | 2 breasts, cut into nuggets

Mayonnaise, avocado based | ¼ cup (4 tablespoons)

Parmesan cheese, grated | ¼ cup (4 tablespoons)

Italian Seasoning, dried | 1 tablespoon

Pork rinds, crushed | ¼ cup

Salt | to taste *will increase sodium measurement

Pepper | to taste

Directions

Preheat oven to 425 degrees. Cover baking sheet with parchment paper.

Pat chicken dry and cut into nugget size pieces, season with salt and pepper.

In bowl, combine mayonnaise, parmesan cheese, and Italian seasoning.

Toss nuggets in mayo mixture and then in crushed pork rinds.

Place on parchment lined baking sheet and bake until done, about 15-20 minutes.

Macronutrient Breakdown

Calories: 354 kcal | Carbohydrates: 1.4g | Protein: 23g | Fat: 29g | Sodium: 402mg

Easy Baked Chicken Nuggets		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	354.5 kcal	18 %
Total Fat	29.1 g	45 %
Saturated Fat	8.8 g	44 %
Trans Fat	0.4 g	
Cholesterol	111.9 mg	37 %
Sodium	402.2 mg	17 %
Total Carbohydrate	1.8 g	1 %
Dietary Fiber	0.4 g	2 %
Sugars	0 g	
Protein	23.2 g	46 %
Vitamin A	8 %	Vitamin C 0 %
Calcium	10 %	Iron 6 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>