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Chicken Nuggets

Ingredients:

- ¼ cup grated parmesan cheese
- ¼ cup dry seasoned bread crumbs
- ½ teaspoon paprika
- ¼ teaspoon pepper
- ⅛ teaspoon garlic powder
- 1 pound chicken breast or thighs, skinned and boned

Makes 4 servings - 16% calories from fat

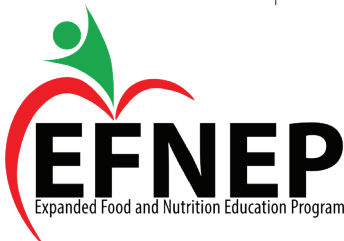
Instructions:

1. In a plastic bag combine Parmesan cheese, breadcrumbs, paprika, pepper, and garlic powder. Shake until well combined.
2. Cut chicken into 1-inch cubes.
3. Put half the chicken pieces in the bag. Shake the bag to coat pieces evenly.
4. Arrange the pieces in a circle on a microwave-safe plate, cover with a paper towel.
5. Microwave on 100% power for 3-4 minutes, rotating the plate once.
6. Cut thickest nugget to check for doneness. Chicken should not be pink inside when done.
7. Repeat with remaining chicken. If desired use dipping sauce of your choice.

Notes:

- Use applesauce, barbeque sauce, or pizza sauce for dipping.
- Turkey could be used in place of chicken.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 5 pieces | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 140 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 2.5g | 4% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 260mg | 11% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 23g | |
| Vitamin A 2% | Vitamin C 2% |
| Calcium 6% | 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: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |



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