



## Nutrition Information Program

# Baked Chicken Nuggets

**Makes 4 servings**

**Serving Size: 3 oz.**

## Ingredients

1 ½ lbs. chicken thigh (boneless & skinless)

1 cup Cornflakes cereal - crushed

¼ cup low fat milk

1 teaspoon paprika

¼ teaspoon garlic powder

¼ teaspoon onion powder

½ teaspoon black pepper  
oil (to grease pan)

## Instructions

1. Preheat oven to 400F.
2. Lightly grease a cooking sheet.
3. Remove skin and all visible fat from chicken. Wash chicken thoroughly. Cut into bite-sized pieces. Place milk in large bowl. Add chicken pieces to coat.
4. Place cornflakes in a plastic bag and crush by using rolling pin or by hand.
5. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
6. Remove chicken from milk and place in the crumb mixture, a few pieces at a time. Shake to coat evenly. Place chicken pieces onto the pre-greased cooking sheet.
7. Bake until golden brown.



## Nutrition Information Program

# Baked Chicken Nuggets

**Makes 4 servings**

**Serving Size: 3 oz.**

## Ingredients

1 ½ lbs. chicken thigh (boneless & skinless)

1 cup cornflakes cereal - crushed

¼ cup low fat milk

1 teaspoon paprika

¼ teaspoon garlic powder

¼ teaspoon onion powder

½ teaspoon black pepper  
oil (to grease pan)

## Instructions

1. Preheat oven to 400F.
2. Lightly grease a cooking sheet.
3. Remove skin and all visible fat from chicken. Wash chicken thoroughly. Cut into bite-sized pieces. Place milk in large bowl. Add chicken pieces to coat.
4. Place cornflakes in a plastic bag and crush by using rolling pin or by hand.
5. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
6. Remove chicken from milk and place in the crumb mixture, a few pieces at a time. Shake to coat evenly. Place chicken pieces onto the pre-greased cooking sheet.
7. Bake until golden brown.

# Nutrition Facts

Serving Size (34g)  
Servings Per Container

## Amount Per Serving

**Calories 60**      **Calories from Fat 15**

**% Daily Value\***

**Total Fat 2g**      **3%**

**Saturated Fat 0.5g**      **3%**

**Trans Fat 0g**

**Cholesterol 10mg**      **3%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 8g**      **3%**

**Dietary Fiber 0g**      **0%**

**Sugars 2g**

**Protein 4g**

**Vitamin A 8%**      •      **Vitamin C 4%**

**Calcium 2%**      •      **Iron 15%**

\*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

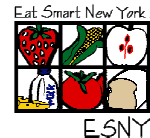
Fat 9 • Carbohydrate 4 • Protein 4

For more information about the  
Nutrition Information Program  
please call 845-677-8223 ext.133

THIS INFORMATION IS PROVIDED FOR EDUCATIONAL PURPOSES ONLY BY THE NUTRITION INFORMATION PROGRAM (NIP) OF CORNELL COOPERATIVE EXTENSION DUTCHESS COUNTY. NIP is funded through the USDA, Cornell University, and the *Eat Smart New York!* program of New York State Office of Temporary and Disability Assistance. In accordance with Federal law and US Dept of Agriculture policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age religion, political beliefs, or disability (Not all prohibited bases apply to all programs). To file a complaint, write: USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). Support is also provided through assistance by the Dutchess County Department of Social Services. The USDA and all of the organizations named herein are equal opportunity providers and employers



Cornell University  
Cooperative Extension  
Dutchess County



# Nutrition Facts

Serving Size (34g)  
Servings Per Container

## Amount Per Serving

**Calories 60**      **Calories from Fat 15**

**% Daily Value\***

**Total Fat 2g**      **3%**

**Saturated Fat 0.5g**      **3%**

**Trans Fat 0g**

**Cholesterol 10mg**      **3%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 8g**      **3%**

**Dietary Fiber 0g**      **0%**

**Sugars 2g**

**Protein 4g**

**Vitamin A 8%**      •      **Vitamin C 4%**

**Calcium 2%**      •      **Iron 15%**

\*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information about the  
Nutrition Information Program  
please call 845-677-8223 ext.133

THIS INFORMATION IS PROVIDED FOR EDUCATIONAL PURPOSES ONLY BY THE NUTRITION INFORMATION PROGRAM (NIP) OF CORNELL COOPERATIVE EXTENSION DUTCHESS COUNTY. NIP is funded through the USDA, Cornell University, and the *Eat Smart New York!* program of New York State Office of Temporary and Disability Assistance. In accordance with Federal law and US Dept of Agriculture policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age religion, political beliefs, or disability (Not all prohibited bases apply to all programs). To file a complaint, write: USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). Support is also provided through assistance by the Dutchess County Department of Social Services. The USDA and all of the organizations named herein are equal opportunity providers and employers



Cornell University  
Cooperative Extension  
Dutchess County

