

Homemade Chicken Nuggets with Barbeque Dipping Sauce

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spicy-chicken-nuggets-recipe>

Ingredients:

- chicken nuggets
- 1 cup all purpose flour
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1 egg
- 1 cup milk
- 2 chicken breast fillets – cut into bite size pieces
- vegetable oil
- 1/3 cup ketchup
- 1 tablespoon brown sugar packed
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon garlic powder

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 95 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 2 grams
8. Sodium: 1560 milligrams
9. Sugar: 11 grams

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