

## Healthy Chicken Nuggets Recipe (Low-Fat ) with Garlic Sauce



### Nutrition Facts

Amount Per Chicken Nugget

<b>Calories</b>	81 kcal
<b>Protein</b>	5.5g
<b>Carbohydrate</b>	12g
<b>Fat</b>	1.4g
<b>Dietary Fiber</b>	0.9g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients for 15 Healthy Chicken Nuggets (Low-Fat) with Garlic Sauce:

- 200g Chicken Breast

#### Garlic Sauce / Marinade

- 100g Natural Yoghourt (0.1% fat)
- 3 Garlic cloves
- 30g Dijon Mustard
- Horseradish
- Rosemary
- Chive
- Curcuma
- Paprika powder
- Chili powder
- Pepper
- Salt

#### Crumb:

- 1 Egg
- 1 Egg white

- 150g Wholemeal Cornflakes
- 70g Instant Oats

## **Preparation of the healthy Low-Fat Chicken Nuggets:**

### **Garlic Sauce / Marinade**

The garlic sauce we use as a marinade for the chicken and as a dip.

Put the natural yoghurt into a bowl. Add Dijon Mustard and mix it with a fork. Add pressed garlic, horseradish, rosemary and chive. Flavor it with curcuma, paprika powder, chili powder, pepper and salt and mix it again.

Put one half of the garlic sauce into another bowl and keep it cool (as a dip for later). Cut the chicken breast into pieces, put them into the bowl with one half of the garlic sauce and keep it cool for about 2 hours.

### **Crumb for the Chicken Nuggets:**

Shred the wholemeal cornflakes (with a tablespoon or in a small plastic bag). Use one soup plate for each ingredient of the crumb (shredded cornflakes, instant oats and egg whites).

Preheat oven to 200° Celsius (about 10 - 15 minutes). After 2 hours take the marinated chicken strips out of the fridge. Prepare one baking sheet with a baking paper. Turn each strip of chicken in instant oats, egg whites and finally in shredded cornflakes. Bake the chicken nuggets for about 15 minutes (200° Celsius). Turn them with a fork and bake them for another 15 minutes.

Finally enjoy VERY DELICIOUS and healthy low-fat chicken nuggets with a tasty garlic dip.

One chicken nugget contains only 1g of fat. Enjoy this Post-Workout meal and stay fit!

Check out our [Calorie Calculator](#)

