



Chicken Nuggets

Preparation time: 15 minutes

Recipe makes: 6 servings

Ingredients

- 3/4 cup breadcrumbs, plain (ready-made or grate some stale bread)
- 1 (5.3 oz) tub yogurt, plain
- 2 large chicken breasts, raw, chopped into bite-size pieces
- 1/4 cup vegetable oil

Directions

1. Pour breadcrumbs into a bowl.
2. Add yogurt into a separate bowl.
3. Dip chicken pieces into the yogurt and coat with the breadcrumbs.
4. Pan fry chicken pieces in oil for about 5 minutes on each side, watching closely to prevent burning.
5. Transfer nuggets to a paper towel-covered plate to soak up any excess oil.

Nutrition Information (1/6 recipe)

Calories: 260 | **Protein:** 23 g | **Potassium:** 369 mg

Phosphorus: 240 mg | **Sodium:** 151 mg

This recipe was developed by Sarah Trace, Renal Dietitian and Dietetic Support Workers, Bristol Royal Hospital for Children, UK and is from their Kidney Friendly Cookbook.

Check with your child's healthcare professional before making changes to their diet.

This recipe was analyzed using FoodData Central. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is suitable for your child. Refer to labels for allergen information and suitability.

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Notes



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