

# Buffalo Chicken Nuggets

**Serving Size** 4 nuggets

**Servings** 10

**Prep Time** 5 min

**Cook Time** 30 min



## Nutrition Information

Calories	160.2
Fat	8.3 g
Saturated fat	4.5 g
Polyunsaturated fat	0.5 g
Monounsaturated fat	2.9 g
Cholesterol	54.8 mg
Sodium	113.5 mg
Carbs	5.1 g
Fiber	0.2 g
Protein	16 g

## Health Benefit

[High Protein](#)

## Ingredients

1/4 cup [white flour](#)

1/2 teaspoon [cayenne pepper](#)

1 1/2 pound (24 oz.) [chicken breast, boneless, skinless, trimmed](#)

1/4 cup [panko \(Japanese breadcrumbs\)](#)

1/4 cup plus 1 tablespoon [unsalted butter](#)

2 [garlic cloves, minced](#)

2 tablespoons [hot sauce](#)

pinch [Salt and freshly ground black pepper](#)

## Directions

1. Combine the flour and cayenne pepper. Preheat oven to 350°F. Cut the chicken breast into 1" by 2" nuggets. Toss the nuggets in the flour and then one at a time dip into the buttermilk. Coat each nugget lightly with the breadcrumbs in a separate bowl and then add to a 9" by 13" baking pan. Add 1 tablespoon of butter to the pan and then bake the nuggets, flipping halfway through, for about 25 minutes or until golden brown. Remove from the oven and let cool slightly.

2. While the chicken nuggets are baking, melt the remaining  $\frac{1}{4}$  cup butter in a small saucepan over medium-high heat. Once melted, add the garlic and sauté for about 1 minute. Add the hot sauce and remove from heat. Season to taste with salt and freshly ground pepper. Toss the baked nuggets with sauce and serve immediately with a dipping sauce of your choice.
3. For an even greater crunch on the chicken nuggets, add the tablespoon of butter to the pan and let melt in the oven for one minute before adding the nuggets and baking. The heated pan will put a terrific sear on the nuggets.
4. Handy Hint: For even crunchier chicken nuggets, add the tablespoon of butter to the pan before you add the chicken nuggets. Let it melt in the oven for 1 minute, then put the nuggets in and bake. The heated pan will put a terrific sear on the nuggets.

Nina Lincoff