

Gluten-Free Chicken Nuggets

Pre-dust	%
Pea Flour (50 mesh)	63
Salt	10
Garlic Powder	9
Onion Powder	7.5
Black Pepper	5.5
Sugar	5
Batter	%
Pea Flour (50 mesh)	15
Water	69
Oil	15
Salt	2
Breading	%
Pea Flour (20-50 mesh)	80
Pea Flour (5-20 mesh)	20
Chicken	%
Chicken Breast	100

Nutrition Facts	
Serving size	(100g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	22%
Total Carbohydrate 14g	5%
Dietary Fibre 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	6%
Potassium 115mg	2%

*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4



Procedure

- **Pre-dust:** mix all ingredients
- **Batter:** add salt to room temperature water, then add flour, then stir in oil until well-mixed
- **Breading:** mix ingredients
- **Chicken:** Chop up chicken breast into bite-size pieces, about 4-6 g each
- **Coating:** coat the chicken pieces with pre-dust, then dip in batter, then coat with breading
- **Frying:** fry 500 g coated chicken nugget in preheated oil (375°F) for 2.5 minutes
- **Freezing:** freeze the nugget on rack (separately) for at least one hour. And put the frozen nuggets in bag
- **Reheating/Air -frying:** set the air fryer at 190°C and heat the frozen nuggets for 5 minute or until the internal temperature reaches 75°C

Contact us:

For more information or to speak to somebody about this recipe please call your local Univar Solutions representative or contact us at:

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