CHICKEN NUGGETS

- 45g cooked chicken breast
- 18g mayonnaise (Duke’s)
- 10g pork crackle (Nobby’s)
- 8g oil (to fry)

Crush pork crackle into fine crumbs
Cut chicken breast into bite size portions
Dip each chicken piece in mayonnaise and then in pork crackle crumbs
Fry until golden.

*If any crumbed pork crackle comes off the chicken during frying, sprinkle the leftover crumbs over the chicken pieces to ensure the same nutritional values are maintained.

Each 45g serving: Prt: 19.70g, Fat: 28.68g, Cho: 0.51g, 339 Kcal.
*1.42:1 ketogenic ratio with no other meal items added. If using a 45g serving in a meal with other foods included, enter nutritional values as above, using ‘100’ in the meal planner amount column.

*If substituting different brands, recalculation may be required.

This recipe needs to be adapted to EACH INDIVIDUAL’S prescription. Please take this recipe to your dietitian and he/she will help you do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

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