

Chicken Nugget Makeover



Original Chicken Nuggets

Serving size: 90g
Cost per serve: \$1.33*



Makeover Chicken Nuggets

Serving size: 90g
Cost per serve: \$1.30*

Easy changes we made for the healthy way

We reduced the cost, energy, saturated fat, salt (sodium) by:

- Using lean chicken meat
- Baking instead of frying the nuggets



Ingredients- 10 serves

Original

Tegel Real Deal Chicken nuggets
<http://www.tegel.co.nz/products/Frozen-chicken/REAL-DEAL-Chicken-Nuggets?c=2&p=165>
Ingredients:
Chicken (36%), Water, Flour (Wheat, maize, soy), Starch (Wheat, 1404, 1401), Soy Protein, Vegetable Oil, Salt, Breadcrumb, Whey Powder, Gluten, Mineral salts (500, 541, 450), Emulsifier (473, 322), Maltodextrin, Spices, Thickener (407), Colour (100).

21 ingredients

Makeover

Chicken	600g
Flour	50g
Eggs	2
Garlic	2 cloves
Plain water crackers	125g
Canola oil	30ml
Lemon zest	1tsp

7 ingredients

Total chicken content – 66% (compared to 36%)

Method for Makeover

1. Heat oven to 225°C
2. Put garlic, lemon zest, crackers, canola oil and parsley into a food processor and blend until it resembles coarse breadcrumbs
3. Cut chicken breasts into 2cm cubes
4. Gently pound chicken cubes to flatten slightly
5. Coat chicken lightly in flour
6. Beat eggs together
7. Dip chicken into egg to cover completely
8. Spread crumbs onto a plate
9. Coat egged chicken in crumbs
10. Spread out on a baking tray
11. Bake for approximately 15 minutes until cooked through and golden brown

Nutrient Information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	863kJ	701kJ	162kJ
Fat	9.6g	5.8g	3.8g
Saturated fat	3.2g	1.2g	2.0g
Carbohydrate	21.0g	12.6g	8.4g
Sugar	2.6g	0.1g	2.5g
Sodium (Na)	693mg	129mg	564mg

*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>