

Turmeric Chicken Nuggets

5 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Chicken Breast (boneless, cubed)
1 cup Almond Flour
2 tbsps Turmeric
1/4 tsp Sea Salt
1/4 tsp Black Pepper
2 tbsps Avocado Oil (divided)

NUTRITION

AMOUNT PER SERVING

Calories	298	Iron	3mg
Fat	19g	Vitamin D	1IU
Carbs	7g	Folate	9µg
Fiber	3g	Magnesium	98mg
Protein	26g	Zinc	1mg
Vitamin C	0mg		

DIRECTIONS

- 01 In a food processor blend the almond flour, turmeric, sea salt and black pepper until a flour-like consistency forms.
- 02 In a separate bowl, toss the cubed chicken breast in half of the avocado oil until evenly distributed. Pour the coating mixture over the chicken and toss until the chicken is coated.
- 03 Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).
- 04 Serve the chicken nuggets with your favorite dipping sauce and enjoy!

NOTES

RECIPE ID 607

SERVING SIZE

One serving is equal to approximately five nuggets.

COATING MIX

If coating is not working well, add 1 or 2 egg yolks to the coating mixture and mix well.