



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities**
Central Ohio

Gluten-Free BBQ Chicken Nuggets

These gluten-free BBQ chicken nuggets are crispy on the outside, tender on the inside, and coated in a sweet and tangy homemade sauce. Perfect for kids and adults alike, they make a fun weeknight dinner or an easy snack.

Serving Size: 6 to 8 pieces | Servings: 4



NUTRITION NOTES

- High in complex carbohydrates, **brown rice flour** is naturally gluten-free and provides steady energy. It also contains small amounts of fiber, iron, and B vitamins, which support healthy digestion and metabolism.
- Rich in lean protein, **chicken tenders** help build and repair muscle, support immune function, and provide lasting energy. They're also a source of B vitamins, phosphorus, and selenium, which promote bone strength and cell protection.
- Packed with vitamin C, potassium, and antioxidants like lycopene, **tomato sauce** supports heart health and immunity while helping protect cells from oxidative stress. Its rich flavor adds nutrition and depth to any dish.
- A natural sweetener, **honey** offers quick energy along with trace antioxidants that support wellness. It has soothing properties that may aid digestion and help strengthen the immune system.

Gluten-Free BBQ Chicken Nuggets

Printing
Courtesy of:



INGREDIENTS

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- ¼ cup brown rice flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound chicken tenders, cut into 1-inch pieces
- 1 8-ounce can low-sodium tomato sauce
- 1 tablespoon white distilled vinegar
- 1 tablespoon dark brown sugar
- 1 tablespoon gluten-free Dijon mustard
- 2 tablespoons honey

INSTRUCTIONS

- * Measure out ingredients for sauce in a small sauce pan
1. Heat the oil and butter in a large skillet over medium-high heat.
 2. Mix the flour with the salt and pepper in a baking glass pan or medium sized bowl.
 3. Dredge the chicken in the flour, in baking dish or bowl, shaking off the excess, and place each piece in the skillet.
 4. Cook the nuggets for about 4 to 5 minutes, until the chicken is cooked through and reaches 165°F.
 5. Mix the tomato sauce, vinegar, sugar, mustard and honey in a small saucepan with a wire whisk until well combined. Heat over low heat until the sauce just reaches a simmer.
 6. When the chicken is done, dip each piece into the sauce to coat it and place the nuggets on a serving plate.

Nutrition Profile: *Gluten-Free | Nut-Free | Soy-Free | High-Protein | Low-Calorie | Low-Sugar | Egg-Free*

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | Serving Size: 6 to 8 pieces | Calories: 290

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|---|--|-----------------|
| • 290 calories | • 485 mg sodium | • 26 mg calcium |
| • 10 g total fat (2.9 g saturated, 0.1 g trans) | • 25 g carbohydrates (2 g fiber, 15 g sugar) | • 1.6 mg iron |
| • 75 mg cholesterol | • 26 g protein | |

** Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: www.eatright.org*