

# McDonalds Chicken Nuggets (Copycat!)

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Yields: 15 Nuggets

## Ingredients:

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### GROUND CHICKEN MARINADE

- 1/4 teaspoon of celery salt
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of onion powder
- 1/8 teaspoon of pepper
- 1/8 teaspoon salt

### NUGGET BATTER

- 1/3 cup almond flour
- 1/3 cup Protein powder unflavored
- 3/4 cup or less of sparkling water unflavored
- Dash of salt and pepper
- 1/2 tablespoon baking powder
- 1/2 teaspoon of garlic powder

- ¼ teaspoon celery salt
- 1 large whisked egg (add this in first before sparkling water)

## **Sweet and Sour Sauce**

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### **Ingredients:**

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#### **GROUND CHICKEN MARINADE**

- ½ cup apricot preserve
- 1 ½ tablespoons soy sauce
- 1 tablespoon ketchup
- 1 ¼ teaspoons Worcestershire sauce
- ½ teaspoon yellow mustard
- 1¼ teaspoon lemon juice
- 2 drops hot pepper sauce Tabasco
- 1 tablespoon olive oil
- 1 ½ teaspoon red or white wine vinegar
- ⅛ teaspoon garlic powder
- ⅛ tsp dried oregano
- ⅛ tsp dried basil
- Pinch onion powder
- Pinch crushed red pepper
- salt to taste

### **Directions:**

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1. Add ground chicken to a bowl then add in spices until well combined.

2. Shape them and set in the freezer.
3. Start making the sauce, heat the apricot jam for 15 to 30 seconds in the microwave or in a small pot.
4. Once melted, add all remaining ingredients to a bowl and mix well.
5. Adjust to taste.
6. Make the batter for the nuggets.
7. Mix all dry, then egg. Slowly add in sparkling water until you get a thickish pancake batter. Not too thick, not too thin.
8. Dip nuggets
9. Fry in hot oil
10. Will need to double fry.
11. Or fry once and air fry for 8 to 10 minutes at 375
12. Make sure to check internal temp.

**Nutrition:**

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Nutrition per serving:

- 2g Net Carb
- 0g Fiber
- 6g Total Carbs
- 0g Protein
- 2g Fat
- 32 Calories