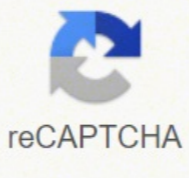




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## Chick fil a breakfast chicken biscuit nutrition facts

Fast food dupe recipes are popular for a lot of reasons. Some people get a thrill out of nailing an illusive flavor profile, some people feel it's a little healthier, and—in the case of Chick-fil-A—some people don't like their money being donated to homophobic organizations.Until roughly six months ago, the choice of whether or not to eat at Chick-fil-A was a largely...Read more But whatever your reasons, taking a DIY approach to the (in)famous chicken chain is not a new strategy. There are a ton of recipes out there that claim to have cracked the Chick-fil-A code, though most of them claim the secret is swimming in salty, sour pickle brine. I don't know where or how that rumor started but, if you look at the ingredients list, it doesn't seem to be based in reality. Last I checked, vinegar is a major component of pickle brine, and aside from the actual pickles that appear on the sandwich, the only place you'll find vinegar (in very small amounts) is in the bun. But do you know what ingredient you will find prominently featured, both in the chicken seasoning and the coating? Monosodium glutamate. If you're still afraid of the seasoning MSG giving you headaches, you should know you've bought...Read moreThe presence of MSG should not be surprising; it makes things taste good, and it's a much easier seasoning to work with than pickle brine which, in my experience, just makes meat tastes like pickles. Besides MSG, salt and sugar (both table and powdered) factor in heavily in the recipe, which is also not at all shocking, as these are the very common ingredients that food companies use to make their products irresistible. But all three are pretty cheap, and easy to buy for home use, which means there's no reason you can't make your own MSG-laden, Chick-fil-A-style nuggets in the comfort of your own welcoming, tolerant home. I actually think these nuggets are crispier and more flavorful than their fast food counterparts, and I can have them whenever I want, even on a Sunday.You probably don't have a pressure fryer (another element in the Chick-fil-A process), but that's okay. I found that a little dry-brining, followed by a little deep frying, produced gloriously golden nuggets that were crispy on the outside and juicy and flavorful on the inside. (If you would prefer a sandwich, follow the same instructions, double the brine time, and fry the filet until it reaches and internal temperature of 150°F.) To make your own tender, umami-packed nuggets, you will need:Chicken (duh):1 pound boneless, skinless chicken breast, cut into bite-sized piecesFor the dry brine:3 tablespoons fine sea salt1 tablespoon MSG1 tablespoon white sugar1/2 teaspoon garlic powder1/4 teaspoon paprikaFor the milk wash:1 egg1 tablespoon whole milkFor the frying:1 cup all-purpose flour1/4 cup powdered sugar1 tablespoon fine sea salt2 1/2 teaspoons MSG1 teaspoon garlic powder1/2 teaspoon paprikaRefined peanut oil or vegetable oilFor dipping:2 tablespoons honey BBQ sauce1 tablespoon yellow mustard1 tablespoon mayonnaise 1/4 teaspoon garlic powderCombine all of the dry-brine ingredients to together in one bowl with a whisk. Sprinkle one tablespoon plus one teaspoon (which is four teaspoons) of the seasoning over the nuggets, give them a toss to make sure they're evenly coated, and let them hang out for 15 minutes on a wire rack set over a plate. While the nuggets are brining, mix the egg wash and the coating, and set up a breading station.Once 15 minutes has elapsed, blot the excess moisture off of the chicken, then dip the nuggets in the milk and egg wash before tossing them in the flour mixture. Pour enough oil into a Dutch oven (or some other high-walled frying vessel) so that it comes up about three inches, but still has three or so inches of space until it reaches the top of the vessel. (This will keep the oil from spilling over when you add the nuggets.) Heat the oil to 370°F and, while you're waiting for it to heat up, give the nuggets another toss in the flour mixture.Once the oil reaches its target temperature, give the nuggets one more toss in the flour, then gently lower them into the hot oil, working in batches if needed. Let them cook for 3-5 minutes, until they are a nice golden brown. Fish 'em out with a slotted spoon or spider, and let them cool on paper towels. Mix the final four ingredients to make a dipping sauce, fry or bake up some frozen waffle fries, and enjoy your delicious chicken nuggets, preferably with a lemonade or Diet Dr. Pepper. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. chick-fil-a, 1 cupCalories: 440 •Carbs: 48g •Fat: 20g •Protein: 16gChick-Fil-A, 1 biscuitCalories: 270 •Carbs: 38g •Fat: 12g •Protein: 4g Main info: Chick-fil-A Chicken Biscuit BREAKFAST - Chicken Biscuit, Chick-fil-A 153 grams 460.0 Calories 45 g 23 g 19 g 2 g 45 mg 8 g 1510 mg 6 g 0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you! A breakfast portion of our famous boneless breast of chicken, seasoned to perfection, hand-breaded, pressure cooked in 100% refined peanut oil and served on a buttermilk biscuit baked fresh at each Restaurant. Feeling peckish? A quick trip to Chick-fil-A could be the solution, but what if you want to decide on your order before you go, or order for home delivery? If you know how to view the Chick-fil-A menu online, it's possible to get delicious food delivered to your door.Viewing the Menu on the WebsiteWhile there isn't an online Chick-fil-A menu that's printable, there is a full Chick-fil-A menu with prices on the official website. To find the menu, visit [www.chick-fil-a.com](http://www.chick-fil-a.com) and then select the "menu" option from the list of options at the top of the page.The menu is divided into sections such as breakfast, entrees and salads, and you switch between sections by clicking on them. Each food item has a picture, a price and the calorie count to aid with healthy eating choices. Clicking on an image calls up further information, such as options for customizing the food and any sides that come standard with a meal.Viewing Nutritional Information OnlineWhen you're making decisions about what to eat online, it's important to have all the information you need regarding ingredients, nutritional information and potential allergens. If you scroll to the bottom of the Chick-fil-A menu page, there's a "Nutrition & Allergens" option. Selecting this option displays a chart of every food item from the menu, along with a breakdown of nutritional content. Additionally, there's a button to switch the view to potential allergens.While the allergens chart is a useful guide, it's important to remember that Chick-fil-A prepares all of the food in the same kitchen, so there's always a small risk of contamination. All of the restaurants in the chain use 100 percent refined peanut oil for cooking, which isn't a major food allergen, according to the FDA.Viewing the Menu on the AppChick-fil-A launched an app in 2016 and gave it a major overhaul in 2018. The program is available as a free download for iOS from the App Store and Android from the Google Play Store. It provides users with access to the full menu and also offers an easy way to place an order. It's also possible to use the app to register for the Chick-fil-A One program.Placing an Order OnlineIf all the delicious food on the menu has made you hungry, the good news is it's possible to place an order instantly. To place a catering order online, select the "Order Food" option on any website page, choose between delivery or collection and then make your choices. If you want to place a personal order, the easiest way is to download the app.Joining the Chick-fil-A One ProgramIf you're placing orders on the app, it makes sense to join the Chick-fil-A One program, which launched in August 2018 during a major overhaul of the app. As a member of the program you earn points every time you make a purchase, receiving between 10 and 12 points for each dollar spent (depending on your current membership level). Members receive a special birthday bonus to celebrate their big day in style, and anyone with red member status is privy to "insider" information, including forthcoming changes to the menu. MORE FROM QUESTIONSANSWERED.NET Biscuit (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm and/or palm kernel oils], sugar, cultured nonfat milk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, water), butter oil (soybean oil, palm kernel oil, soy lecithin, salt, natural butter flavor, beta carotene), chicken (boneless skinless chicken breast filet, seasoning [salt, monosodium glutamate, sugar, spices, paprika], seasoned coater [enriched bleached wheat flour {with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, monosodium glutamate, nonfat milk, leavening {baking soda, sodium aluminum phosphate, monocalcium phosphate}, spice, soybean oil, color {paprika}}, milk wash [water, nonfat milk, egg], peanut oil [fully refined peanut oil, with Dimethylpolysiloxane, an anti-foam agent added]).





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