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Chicken McBites Snack Size

Chicken McBites Snack Size is a popular fast food snack made with bite-sized pieces of chicken. It is crispy on the outside and tender on the inside. It is commonly consumed as a quick snack or as a side dish with a meal. The recipe originated from McDonald's and has become a favorite among chicken lovers.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
100 g	all-purpose flour
2 pieces	Egg
100 g	bread crumbs

1 tsp salt

1 tsp pepper

500 ml vegetable oil

Directions

Step 1

Cutting

Cut the chicken breast into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, whisk the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, mix the all-purpose flour, bread crumbs, salt, and pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Coating

Dip each chicken piece into the whisked eggs, then coat it with the flour mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Frying

Heat vegetable oil in a frying pan over medium heat.

Prep Time: 1 mins

Cook Time: 5 mins

Step 6

Frying

Fry the coated chicken pieces in the hot oil until golden brown and cooked through.

Prep Time: 0 mins

Cook Time: 9 mins

Step 7

Resting

Remove the chicken McBites from the pan and place them on a paper towel to absorb excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	0 mg	0%	0%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Breakfast

Snack

Supper

Kitchen Tools

Slow Cooker

Course

Snacks

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Volumetrics Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

Nordic Diet

5:2 Diet

Vegetarian Diet

The F-Plan Diet

Cooking Method

Baking

Difficulty Level

Easy

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