



## A+ Air-Fryer Chicken Nuggets



1/2 of recipe (5 nuggets): 219 calories, 6g total fat (2g sat. fat), 383mg sodium, 7.5g carbs, 1g fiber, 1g sugars, 32g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

1/4 cup whole-wheat panko breadcrumbs  
2 tbsp. grated Parmesan cheese  
1/2 tsp. Italian seasoning  
1/2 tsp. garlic powder  
1/8 tsp. each salt and black pepper  
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
Optional dips: ketchup, BBQ sauce

### Directions

In a wide bowl, combine breadcrumbs, Parm, and seasonings. Mix well.

Place chicken in another wide bowl. Top with egg, and flip to coat.

One at a time, shake chicken nuggets to remove excess egg, and coat with breadcrumb mixture.

Place chicken in the air fryer in a single layer.

Set air fryer to 356 degrees. Cook until golden brown and crispy, 16 - 18 minutes.

**MAKES 2 SERVINGS**

**HG Tip:** If you can't find whole-wheat panko at the supermarket, [stock up via Amazon](#). Or use traditional panko, which has slightly less fiber.

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