



H-O-T Hot Boneless Buffalo Wings



1/2 of recipe (5 wings): 215 calories, 5.5g total fat (0.5g sat fat), 1,095mg sodium, 16g carbs, 4g fiber, 1g sugars, 27g protein

Freestyle™ [SmartPoints®](#) value 3*

[SmartPoints®](#) value 4*

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

1/4 cup Fiber One Original bran cereal
1 oz. (about 15) reduced-fat BBQ baked/popped chips
Dash onion powder
Dash garlic powder
Dash cayenne pepper
Dash each salt and black pepper
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets
3 tbsp. Frank's RedHot Original Cayenne Pepper Sauce

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a blender or food processor, grind cereal and chips into crumbs. Transfer to a wide bowl and mix in seasonings.

Place chicken nuggets in a large bowl. Top with sauce and toss to coat.

One at a time, shake nuggets to remove excess sauce and coat with crumbs. Evenly lay on the baking sheet.

Bake for 10 minutes. Flip chicken. Bake until cooked through and crispy, about 6 minutes. Eat!

MAKES 2 SERVINGS

HG FYI: You probably won't use all the hot sauce to coat the chicken, but we included it in the nutritional info. Actual sodium count will likely be lower.

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.