



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

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.

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.