



Air-Fryer Popcorn Chicken



1/2 of recipe (8 pieces): 209 calories, 2.5 total fat (0.5g sat. fat), 434mg sodium, 18.5g carbs, 1.5g fiber, 1g sugars, 25g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1/2 cup [panko bread crumbs](#)
1 tsp. garlic powder
1/2 tsp. chili powder
1/4 tsp. salt
6 oz. raw boneless skinless chicken breast, cut into 16 small nuggets
2 tbsp. whole wheat flour
1/4 cup (about 2 large) egg whites/liquid egg substitute
Optional dips: [Frank's RedHot Original Cayenne Pepper Sauce](#), BBQ sauce

Directions

In a wide bowl, mix bread crumbs with seasonings.

Place chicken in a large sealable bag or container. Add flour. Seal and shake to coat.

Place egg whites/substitute in a second wide bowl. Coat chicken with egg, followed by seasoned bread crumbs.

Spray an [air fryer](#) with non-aerosol nonstick spray. Place chicken in the air fryer, and top with any remaining bread crumbs. Spray with more nonstick spray.

Set air fryer to 360°F. Cook chicken until crispy and cooked through, about 12 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake chicken at 400°F until crispy and cooked through, about 16 minutes, flipping halfway through.

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