



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

[Click for WW Points® value*](#)

WW Points® value 4*

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



More: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.