



BBQ Chicken Nuggets from Fast & Easy



This recipe is also featured in [Hungry Girl Fast & Easy: All-Natural Recipes in 30 Minutes or Less!](#)

1/2 of recipe (5 nuggets): 308 calories, 3.5g total fat (0.5g sat fat), 550mg sodium, 39g carbs, 3.5g fiber, 11g sugars, 28.5g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

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

Prep: 10 minutes Cook: 20 minutes

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

Ingredients

8 oz. raw boneless skinless chicken breast, cut into 10 nuggets
3 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving, or more for dipping
1/3 cup panko bread crumbs
1/2 tsp. garlic powder
1/2 tsp. onion powder
8 oz. (about 1 medium) sweet potato, cut into 1-inch chunks
1/8 tsp. each salt and black pepper

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, coat chicken with BBQ sauce. In a medium bowl, combine panko, garlic powder, and onion powder, and mix well. Lightly coat chicken with seasoned panko.

Place chicken on the baking sheet, and top with any remaining panko. Bake for 8 minutes.

Meanwhile, place sweet potato in a medium microwave-safe bowl. Cover and microwave for 3 minutes, or until slightly tender.

Flip chicken. Add sweet potato to the baking sheet, and sprinkle with salt and pepper. Bake until chicken is fully cooked and sweet potato has lightly browned, about 8 minutes.

MAKES 2 SERVINGS

[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.