



Clean & Hungry Boneless Buffalo Wings



1/2 of recipe (5 wings): 174 calories, 3g total fat (0.5g sat fat), 648mg sodium, 7g carbs, 1g fiber, 0.5g sugars, 27.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 1*

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



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

Ingredients

1/4 cup whole-wheat panko breadcrumbs
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets
2 tbsp. egg whites (about 1 large egg's worth)
2 tbsp. Frank's RedHot Original Cayenne Pepper Sauce
Seasonings: onion powder, garlic powder, cayenne pepper

Directions

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

In a wide bowl, combine breadcrumbs with 1/8 tsp. onion powder, 1/8 tsp. garlic powder, and a dash of cayenne pepper. Mix well.

Place chicken in another wide bowl. Top with egg whites, and flip to coat.

One at a time, shake chicken nuggets to remove excess egg, and lightly coat with breadcrumb mixture. Evenly lay on the baking sheet.

Bake for 8 minutes. Flip chicken. Bake until light golden brown and crispy, about 8 more minutes.

Meanwhile, in a small bowl, combine hot sauce with 2 tsp. water. Mix well.

Transfer chicken to a medium-large bowl. Drizzle with sauce, and gently toss to coat.

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.)

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