



Clean & Hungry Chicken Nuggets



1/2 of recipe (5 nuggets): 179 calories, 3g total fat (0.5g sat fat), 377mg sodium, 7.5g carbs, 1g fiber, 1g sugars, 28g protein

Green Plan [SmartPoints](#)® value 3*

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

Purple Plan [SmartPoints](#)® value 1*

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



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

Ingredients

1/4 cup whole-wheat panko breadcrumbs
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/4 tsp. salt
1/8 tsp. black pepper
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets
2 tbsp. egg whites (about 1 large egg's worth)

Directions

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

In a wide bowl, combine breadcrumbs with seasonings. Mix well.

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

One at a time, shake chicken to remove excess egg, and coat with breadcrumb mixture. Evenly place on the baking sheet, and top with any remaining breadcrumbs.

Bake for 8 minutes. Flip chicken. Bake until slightly browned and crispy, about 8 more minutes.

MAKES 2 SERVINGS

Air Fryer Alternative! Set air fryer to 356 degrees. Cook until golden brown, about 13 minutes.

[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.