



Faux-Fried Pickle Chips



1/2 of recipe (12 pickle chips): 59 calories, 0.5g total fat (0g sat fat), 634mg sodium, 11.5g carbs, 2g fiber, 1.5g sugars, 2.5g protein

Freestyle™ [SmartPoints®](#) value 2*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Meatless Recipes](#), [30 Minutes or Less](#)

Ingredients

- 1/3 cup whole-wheat panko breadcrumbs
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- Dash cayenne pepper
- Dash each salt and black pepper
- 24 hamburger dill pickle chips
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- Optional dip: ketchup, light Thousand Island dressing

Directions

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

In a small bowl, mix breadcrumbs with seasonings.

Blot pickle chips dry, and place them in a medium-small bowl. Top with egg whites/substitute, and flip to coat.

One at a time, shake pickles to remove excess egg, and coat with seasoned crumbs.

Place pickles on the baking sheet, and top with any remaining seasoned crumbs. Bake for 10 minutes.

Flip pickles. Bake until crispy, about 10 more minutes.

MAKES 2 SERVINGS

Air Fryer Alternative! Set air fryer to 392 degrees. Cook until golden brown, 3 - 4 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.)

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