



## Peanut Cap'n Crunchy Chicken Tenders



1/2 of recipe (4 tenders): 252 calories, 4.5g total fat (1g sat. fat), 530mg sodium, 20.5g carbs, 1g fiber, 6g sugars, 30.5g protein

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

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### Ingredients

8 oz. raw boneless skinless chicken breast, cut into 8 strips  
2 tbsp. all-purpose flour  
3/4 cup [Cap'n Crunch's Peanut Butter Crunch](#), finely crushed  
1 tsp. garlic powder  
1 tsp. onion powder  
1/8 tsp. salt  
1/8 tsp. black pepper  
3 tbsp. (about 1 large) egg white or liquid egg substitute  
2 tsp. reduced-sodium soy sauce  
Optional dips: sweet Asian chili sauce, honey mustard

### Directions

Place chicken in a large sealable bag or container. Add flour. Seal bag/container, and shake to coat.

In a wide bowl, combine crushed cereal with garlic powder, onion powder, salt, and pepper. Mix well.

Place egg whites/substitute and soy sauce in a second wide bowl. Mix well. Coat chicken with egg mixture, followed by the seasoned crushed cereal.

Spray an [air fryer](#) with [non-aerosol nonstick spray](#). Place chicken in the air fryer, and top with any remaining cereal. Spray with nonstick spray.

Set air fryer to 360°F. Cook until crispy and cooked through, about 12 minutes.

MAKES 2 SERVINGS

**Oven Alternative:** Bake at 375°F until crispy and cooked through, about 16 minutes, flipping halfway through.

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