



Nutrition Facts

Servings Size: 1 Nugget
Recipe Makes: 18 Servings

Amount Per Serving

Calories **32**

Total Fat 0.25g

Total Carbohydrate 1.5g

Protein 6g



Spicy Chicken Nuggets

INGREDIENTS:

- 16oz Lean Ground Chicken Breast
- 20-30g Yellow Mustard (won't taste it. Helps a ton with keeping the juiciness)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Chili Powder
- 1 tsp Paprika
- ½ tsp Cayenne
- 3 Slices Low Cal Bread (I used Sara Lee 45 Cal)
- ½ tsp Paprika
- ½ tsp Chili Powder
- ¼ tsp Cayenne

1. Add to a bowl your ground chicken, yellow mustard, sea salt, black pepper, garlic powder, onion powder, chili powder, paprika and cayenne. Lightly wet your hands before mixing all together to make it less sticky. Then form into 18 even sized chicken nuggets.
2. Now add your bread along with your paprika, chili powder and cayenne to a small blender and blend till a fine bread crumb texture.
3. Add to a shallow bowl the bread crumbs. Then take one of your nuggets and add to the bread crumbs. Coat well and then toss side to side in your hands to get off any of the excess. Repeat for all 18. Each one should take like 10 seconds to coat.
4. Now carefully add your nuggets to your air fryer and spray with non stick cooking spray. Air fry on 400 degrees F for 10 minutes. You can flip halfway through but I didn't.
5. I did mine in two batches! Once done, it's time to enjoy!