

Air Fryer Chicken Nuggets

Ingredients:

12.5 oz canned chicken, drained
1 large egg
1/3 cup shredded mozzarella cheese
4 tablespoons grated parmesan
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/8 teaspoon black pepper
Olive oil spray

Instructions:

1. In a large mixing bowl, add chicken, egg, mozzarella cheese, parmesan, onion powder, garlic powder and black pepper. Stir until the mixture forms a paste.
2. Use a tablespoon to measure into 12 equal portions. Roll each into a ball. Then flatten balls into a chicken nugget shape.
3. Preheat air fryer to 400 degrees. Spray the basket with olive oil. Put the nuggets in the air fryer basket so they don't touch.
4. Air fry until golden brown, about 6-8 minutes.
5. Serve warm with any dipping sauce you like.

Source: LSU AgCenter

Serves: 4

Prep Time: 10 minutes

Cook Time: 12-16 minutes

Nutrition Facts	
4 servings per container	
Serving size 3 nuggets (116g)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 450mg	20%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 1mg	6%
Potassium 204mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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