



Dill Pickle Chicken Nuggets



1/2 of recipe (5 nuggets): 236 calories, 8g total fat (1g sat. fat), 454mg sodium, 11g carbs, 0.5g fiber, 2g sugars, 27g protein

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



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Ingredients

1/3 cup panko bread crumbs
1 tsp. garlic powder
1/2 tsp. dill pickle seasoning (like [the kind by Pork King Good](#))
1/4 tsp. dried dill
3 tbsp. light ranch dressing, or more for dipping
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets
Optional topping: chopped dill pickles

Directions

In a wide bowl, mix bread crumbs with garlic powder and dill pickle seasoning.

Place dressing in a second wide bowl. Coat chicken with dressing, followed by the seasoned bread crumbs.

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