



Air Fryer Chicken Bites

Active Time: 10 minutes | **Total Time:** 25 minutes | **Serves:** 4

Nutrition Information Per Serving

369.5 calories, 4.21 g carbohydrate, 1.57 g fiber, 2.64 g NET carbs, 35.7 g protein, 23.26 g fat

Ingredients

- 1/2 cup(s) almond flour
- 1 spray Chosen Foods 100% Pure Avocado Oil Spray
- 16 ounce(s) chicken breast, cut into 2-inch strips
- 1 large egg
- 1/2 cup(s) Parmesan cheese, grated
- 1/2 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 1/4 tsp(s) cayenne pepper
- 1/2 cup(s) heavy cream

Preparation

1. In a large ziptop bag, mix the almond flour, cheese, salt, pepper, and cayenne. Add the egg to a small bowl and whisk. Spray your air fryer basket with oil.
2. Dip each chicken tender into the egg and place on a plate.
3. Using a fork, pick up a tender and put in the zip top bag. Shake well to completely coat. Remove coated tender and place in Air Fryer basket in a single layer - do not crowd.
4. Repeat with remaining tenders. Spray the tenders with oil.
5. Cook at 350 degrees F for 12 minutes or to internal temperature of 160F.
6. Increase temperature to 400 degrees F for 2 minutes to brown the crispy coating.

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