

SkinnyTaste Air Fryer Chicken Tenders

Quick and easy, golden brown and delicious



INGREDIENTS

(Serves 2)

- 1 1/4 lb chicken breast tenders
- 1 large egg (beaten)
- 1/2 tsp kosher salt
- black pepper (to taste)
- 1/2 c panko
- olive oil spray

DIRECTIONS

1. Preheat air fryer to 400F
2. Season chicken with salt and pepper
3. Place egg in a shallow bowl and panko in a separate bowl
4. Dip chicken in egg, then panko and shake off excess. Place on large dish.
5. Spray both sides of chicken with oil
6. Cook chicken 5-6 minutes per side, until cooked through and crispy and golden on the outside

Nutrition Facts	
2 servings per container	
Serving size	3 Tenders
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 275mg	92%
Sodium 800mg	35%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 59g	118%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	