AIR FRYER BUFFALO CHICKEN BITES

INGREDIENTS:

- 1 lb boneless, skinless organic chicken breast
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp chili powder (use ground cayenne to make it hotter)
- 1/8 tsp black pepper
- 3/4 cup seasoned panko (or gluten-free crumbs)
- olive oil spray
- 3 tablespoons Frank's Hot Sauce (or your favorite hot sauce)
- optional: celery stalks and carrot sticks, 1/2 cup blue cheese dressing (for serving)



NUTRITION:

- Calories 180
- Carbs 10g
- Protein 27g
- Fat 3g
- Sat fat 1g
- Chol 83mg
- Sodium 502mg
- Fiber 1g
- Sugar 1g

DIRECTIONS:

- Cut chicken into small bite-sized chunks—season with garlic powder, paprika, chili powder, and black pepper.
- Place panko in a small bowl. Place hot sauce in another small bowl.
- Dip chicken into hot sauce a few times, then into the crumbs, and place on the air fryer basket in a single layer, in batches if needed.
- Spray the top generously with olive oil and air fry for 8 minutes at 400, flipping halfway and spraying the other side when you flip.
- Serve with celery and carrot sticks and blue cheese dressing, if desired.

Makes4 servings

Reference:https://SkinnyTaste.com