

# Low Carb Chicken Nuggets

Recipe Type: Main Dish, Poultry

Degree of Difficulty: Easy

## Ingredients

3 each chicken breast, skinless cut into chunks  
3 each egg  
1 cup almond flour  
3 tbs half-and-half  
¼ cup flaxseed meal  
½ tsp sea salt  
1 tsp ground black pepper  
1 tsp garlic and herb seasoning  
¼ cup Parmesan cheese freshly grated



## Directions

- 1 Preheat oven to 350 degrees.
- 2 In a medium sized bowl, mix eggs and cream.
- 3 In a separate bowl (or ziploc bagging), place almond flour, flaxseed meal, parmesan cheese and seasonings. Mix to blend together (or shake the bag).
- 4 Cut chicken breast into chunks (or strips if you prefer).
- 5 While oven is pre-heating heating, dip chicken chunks into egg mixture and then into dry mixture fully coating chunk.
- 6 Set aside on plate.
- 7 Line a baking sheet with parchment paper.
- 8 Place nuggets on baking sheet.
- 9 Bake for approximately 12 - 15 minutes.
- 10 Serve with your favorite dipping sauce and low carb side.

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

## Nutrition Facts

Nutrition (per serving): 337 calories, 18.2g total fat, 3.6g saturated fat, 172.5mg cholesterol, 286.6mg sodium, 5.8g carbohydrates, 3.5g fiber, <1g sugar, 37g protein.

Servings: 6

Yield: ½ chicken breast

## Weight Watchers Points

Smart Points: The chicken and eggs were not used to calculate the FreeStyle points.

Orig. WW Pts: 8

Points Plus: 8

Smart Points: 8

FreeStyle Smart Points: 5

**Tips**

Depending on the size of the chicken chunks, you may need more or less cooking time. Take one and cut into to see if the chicken is cooked through.