Dinner, American

Crispy Chicken Nuggets with Sweet and Sour Dip

Crunchy air fryer chicken nuggets coated in crushed corn flakes, served with a warm sweet and sour sauce made on the stovetop.



Nut free

175 min	150	27 g	4 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/4 cup sugar free honey
- [ ] 1/4 cup ketchup
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tbsp lower sodium soy sauce
- [ ] 2 whole boneless, skinless chicken breasts (cubed into nugget-sized pieces)
- [ ] 1/4 tsp kosher salt
- [ ] 1/2 tsp black pepper
- [ ] 2 tbsp lemon juice
- [ ] 1/4 cup all-purpose flour
- [ ] 2 large eggs
- [ ] 2 cup corn flakes (crushed)
- [ ] 1 spray, 0.25g nonstick cooking spray

Nutrition Facts

Per serving

Calories	**150**
Total fat	3 g
Saturated fat	1 g
Sodium	450 mg
Total carbs	27 g
Fiber	5 g
Total sugars	4 g
Protein	12 g

Method

- [ ] **1** Combine the sugar free honey, ketchup, apple cider vinegar, and lower sodium soy sauce in a small saucepan and warm it over low heat, stirring nonstop until everything is smooth and slightly thickened, then set the finished sauce aside.
- [ ] **2** Tumble the 2 whole boneless, skinless chicken breasts (cubed into nugget-sized pieces) into a bowl and toss them with the kosher salt, black pepper, and lemon juice. Letting them sit for 30 minutes to 1 to 2 hours builds flavor, though this resting time is optional.
- [ ] **3** Tip the all-purpose flour into a shallow bowl.
- [ ] **4** Lightly whisk the 2 large eggs in a separate bowl.
- [ ] **5** Spread the crushed corn flakes across another shallow bowl.
- [ ] **6** Preheat the air fryer to 375 degrees F.
- [ ] **7** Roll each piece of chicken in the flour, dip it through the eggs, then press it firmly into the crushed corn flakes until every side is thoroughly covered.
- [ ] **8** Lay the coated nuggets out in a single layer in the air fryer basket and mist them generously with the nonstick cooking spray so all surfaces are covered.
- [ ] **9** Cook at 375 degrees F for 10 to 12 minutes, turning the nuggets over halfway through, until they are golden, crispy, and 165 degrees F inside.
- [ ] **10** Plate the chicken nuggets and serve them hot alongside the sweet and sour sauce for dipping.

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