



# Air Fryer Italian Chicken Bites

These Italian Chicken Bites or chicken nuggets are the perfect recipe to use up that leftover chicken from earlier in the week. Or, triple it and make a big batch for dinner! A few basic ingredients and you have a delicious meal that will go perfectly with a side salad!

## Recipe:

1 Cup Finely chopped or shredded chicken  
2 Tbsp Parmesan  
1 Egg (lightly beaten)  
1/2 Cup Shredded Cheese (Cheddar or Mozzarella)  
1/2 tsp Flax Seed meal (Can be left out in a pinch)  
1 Tbsp Mayo (prefer avocado oil mayo)  
1 tsp Italian Seasoning  
1/4 tsp Garlic Salt  
Mix together well

In a separate bowl mix:

3 Tbsp Almond Flour  
1 Tbsp Parmesan  
Salt and Pepper



Use a Cookie Scoop to make 1 inch balls, Roll balls in almond flour mixture.

Bake in Air Fryer at 385 degrees (400 degree Conventional) for 13 minutes, flipping halfway.

Tip: We'll often TRIPLE this recipe and use 3 cups of chicken - it's a little over a pound of chicken. That makes enough for the whole family plus leftovers... or lunch for an entire week! They heat up great in the toaster oven or air fryer. We love to serve with a side of marinara to dip.

Makes 10 nuggets, Macros are calculated for 5 nuggets per serving.

Servings: 2

Macros: Calories: 385 Fat: 27g, Carbs: 1g, Fiber: 1g, (Net Carbs: 1) Protein: 31g

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