

388 kcal	3.2 net carbs
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CHICKEN NUGGETS



Recipe developed by Chef Paige Vondran

Measurements	Ingredients	Net Carbs
2 oz.	Ground chicken	
2 Tbsp.	Raw egg	
2 Tbsp.	Mayonnaise	
5 each	Plain potato chips	3.2
	Salt, onion powder	

DIRECTIONS

- Preheat oven to 350° F.
- Chop the potato chips.
- In a small bowl, combine the mayonnaise, egg and ground chicken.
- Add the ground potato chips into the mixture.
- Stir until smooth using a small rubber spatula.
- Season to taste with salt and onion powder.
- Spray a silicone mold with nonstick cooking spray.
- Scoop mixture into the molds dividing evenly.
- Bake for 20-25 minutes until the bites are a golden brown.

VARIATIONS

- This recipe can be made with other proteins such as ground turkey, pork, veal or beef.
- This recipe freezes well for up to two months. It is recommended to defrost in a toaster oven, oven or stove top.