

# 3 Ingredient Chicken Nuggets

---

♥ [lowcarblove.com/blog/3-ingredient-chicken-nuggets](https://lowcarblove.com/blog/3-ingredient-chicken-nuggets)

March 3, 2022



Yields: 8 Nuggets

## Ingredients:

---

- 1 - 10oz can of chicken breast (drained)
- 2 tbsp parmesan cheese
- 2 tbsp mozzarella cheese (You can also use all parm)
- Optional seasonings - garlic powder

## Directions:

---

1. Preheat your oven to 425F.
2. Start by opening your canned chicken and draining. You will want to get as much moisture out as possible because you want your nuggets to be crispy. I even used a clean kitchen towel to get as much water out as possible.
3. In a medium sized bowl, add your chicken, cheese and egg.
4. Scoop your nuggets onto a parchment lined baking sheet and mold into your chicken nuggets
5. Bake the nuggets for 15 minutes, flipping halfway through. If you want them crispier, you can bake them for 5 mins longer.

**Nutrition:**

---

Nutrition for (recipe):

- Calories - 527
  - Fat - 22g
  - Protein - 86g
  - Total Carbs - 0g
  - Net Carbs - 0g
-