Moist, juicy Air Fryer Chicken Tenders with No Breading in less than 10 minutes. Quick, easy and full of of flavor, it’s a low calorie, low carb meal that the whole family will love!

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PREPRATION TIME:

- PREP TIME: 5minutes
- COOK TIME: 8minutes
- TOTAL TIME: 13minutes

INGREDIENTS:

- 1 pound chicken tenders about 8 to 10 pieces
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon black pepper
- ½ tsp Italian seasoning
- 1 teaspoon salt

INSTRUCTIONS:

- Preheat air fryer at 390 degrees Farenheit for 3 minutes.
- Pat the chicken tenders dry with a paper towel. In a bowl, add chicken tenders and

drizzle olive oil over it.

- In a small bowl, mix together the onion powder, garlic powder, paprika, Italian seasoning, black pepper and salt.
- Toss the chicken tenders with spice mix until all the pieces are well coated with oil and spices.
- Place the chicken tenders in a single layer on the air fryer basket. Air fry for 8 minutes until cooked through. Or until the internal temperatures reaches 165˚F in the thickest part when checked with a meat thermometer.
- Remove the tenders from the air fryer and serve with your favorite dipping sauce.

NOTES:

Storage:

- Store leftover chicken tenders in an air tight container in the fridge for 4-5 days.
- Reheat in the microwave or the in the air fryer for a few minutes until warm.

NUTRITION:

Calories: 221 kcalTotal Carbs: 2 gProtein: 32 gFat: 9 gSaturated Fat: 2 gSodium: 952 mgFiber: 0.5 gSugar: 0.2 gVitamin A: 104 IUVitamin C: 4 mgCalcium: 18 mgIron: 1 mgNet Carbs: 1 g