

Moist, juicy Air Fryer Chicken Tenders with No Breading in less than 10 minutes. Quick, easy and full 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 Fahrenheit 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 kcal Total Carbs: 2 g Protein: 32 g Fat: 9 g Saturated

Fat: 2 g Sodium: 952 mg Fiber: 0.5 g Sugar: 0.2 g Vitamin A: 104 IU Vitamin

C: 4 mg Calcium: 18 mg Iron: 1 mg Net Carbs: 1 g