

## "KFC-Style" High-Protein Popcorn Chicken

submitted by bbebber



Per serving: 448 Calories • 34.3g Carbs (1.9g Fiber) • 14.4g Fat • 41.7g Protein

### Ingredients

*Ingredients scaled to: 4 serving*

- 1 lb **Chicken breast** (454 grams)
- 1/2 tbsp **Garlic** (4.3 grams)
- 1/4 tsp **Salt** (1.5 grams)
- 1/4 tsp, ground **Pepper** (0.60 grams)
- 1 extra large **Egg** (56 grams)
- 2 large **Egg white** (66 grams)
- 13 1/2 tsp **Sriracha Sauce** (54 grams)
- 1 1/2 scoop (30g) **Whey protein powder** (45 grams)
- 1 1/2 cup **Bread crumbs** (162 grams)

### Directions

*Directions are based on the original recipe of 4 servings*

1. Set oven to 420 degrees F.
2. Chop chicken breasts into small pieces, about the size of your thumb. Remember, that the smaller you cut the chicken breast pieces the more panko crumbs you may need to cover the pieces.
3. Season the chicken pieces with garlic, sea salt, and pepper.
4. Beat the eggs and sriracha in a bowl and set aside.
5. In two separate bowls, add protein powder to one bowl and wheat panko crumbs to the other.
6. Cover the chicken pieces in the protein powder mix and then dip the piece in the egg mixture. Finally, lightly coat the chicken piece in wheat panko crumbs. Place the chicken pieces on a baking rack or baking sheet. Repeat until all of the chicken pieces have been covered.
7. Bake in the oven for 15 minutes.
8. Allow them to cool slightly before enjoying!

