



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Keto Chicken Fingers

*3g Carbs (Low Carb Keto)*

Absolutely delicious Low Carb Keto Chicken Fingers. All the ingredients as taken the taste of the Pork Rinds to an all-new level. The Pork Rinds is unrecognizable. It's also Great frozen. Enjoy!



### NUTRITION

*Total Based on Pork Rinds*

*calories: 713kcal, carbohydrates: 3g, protein: 92g, fat: 35g, fiber: 0g, net carbs: 3g*

### Ingredients:

- 4 Skinless Boneless Chicken Breast
- 2 Eggs
- 1/2 cup unflavored pork rinds
- 1/2 cup grated parmesan
- 1/4 tsp chili powder

- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/4 tsp cumin
- 1/4 tsp pepper flakes

### Instructions:

1. Crack eggs and lightly mix.
  2. Grind Pork Rinds into Simi-Powder state
  3. Add dry ingredients to Pork Rinds.
  4. Cut Chicken into stripes.
  5. Dip Chicken Fingers into egg bath then roll in Pork Rinds.
  6. Place coated chicken in Air Fryer, Oven or Stovetop Frying.
- Enjoy!

Air Fryer – 14mins on 400F. Flip Chicken Finger over and cook for remaining 4mins

Stovetop Frying – Use Coconut Oil or Avocado Oil.

Oven – 370F for 30mins. Time depends on thickness of chicken. Adjust according.