



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Super Healthy Chicken Tenders

2g NET Carbs (Low Carb Keto)

WOW Factor to the Max with this Low Carb Keto Chicken Tenders. It's absolutely delicious and the entire family will love this recipe. You will never know its Low Carb Keto by the taste, it's just that GOOD!

INGREDIENTS

1 cup Grounded Pork Rinds
1/2 cup Ground Parmesan Cheese
1tbsp Garlic Powder
1tbsp black or white ground pepper
4 Chicken Breasts

1 tbsp pepper flakes
1 tsp Salt
2 Eggs
1/3 cup Whipping Cream

Instructions:

1. Prepare a cookie sheet with parchment paper place if using oven.
2. Combine the dry ingredients and mix together. Make sure pork rinds is blended into a powder like texture. Once fully blended together add 1/3 mixture into a bowl. The reason for this is simple, when the wet mixture touches the dry ingredients, some clumping will take place so it's best to reduce clumping by having less dry mixture in the bowl. Add more dry mixture as needed.
3. Crack both eggs into a second bowl and add cream and whisk with a fork.
4. Cut chicken into even pieces
5. Roll tenders into the egg/cream mixture then roll tenders in dry mixture.
6. Fry in coconut oil or avocado oil 2 to 3 minutes on each side or Air fryer at 370-400 degrees for 10-15 min. Enjoy!



1 serving = 1 chicken breast: 2g Net Carbs / 1g Fiber /
4g Total Carbs / 64g Protein / 23g Fat / 481 Calories