

Air Fryer Chicken Breast

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/air-fryer-chicken-breast-recipes>

Ingredients:

- 16 ounces chicken breast
- 3/4 cup pickle juice fermented, optional - I use Bubbies
- 3/4 cup almond flour
- 3/4 cup Parmesan cheese see note
- 1/2 teaspoon smoked sea salt or sea salt
- 1/2 teaspoon pepper
- 2 eggs beaten
- oil spray Avocado

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 190 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 760 milligrams
9. Sugar: 50 grams

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