

Keto Southern Fried Chicken Tenders

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-chicken-breast-recipe>

Ingredients:

- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 chicken breast Breasts
- 5 ounces almond flour
- 1 large eggs
- 1/2 tablespoon cayenne pepper
- 1/2 tablespoon onion salt
- 1/2 tablespoon garlic powder
- 1/2 tablespoon dried mixed herbs
- 1 teaspoon salt
- 1 teaspoon black pepper

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 200 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 57 grams
7. SaturatedFat: 4 grams
8. Sodium: 1460 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Keto Southern Fried Chicken Tenders above. You can see more 20 southern style chicken breast recipe Savor the mouthwatering goodness! to get more great cooking ideas.