

Low Carb Fried Chicken

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-recipe-small-batch-buy>

Ingredients:

- 1 egg beaten
- 6 pieces bone-in skin-on chicken thighs haven't tried with white meat yet, but confident it would work.
- 2 1/2 ounces pork rinds
- salt
- pepper
- lard or avocado oil, for frying

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 345 milligrams
4. Fat: 54 grams
5. Fiber: 1 grams
6. Protein: 61 grams
7. SaturatedFat: 14 grams
8. Sodium: 480 milligrams

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