

Crispy Chicken Tenders Keto



Ingredients:

- 3 Chicken Breast cut into strips or Chicken Tenders
- 1/2 Cup Pork Rinds, I used [Pork King Good Cajun](#)
- 1/2 Cup Grated Parmesan
- 2 Eggs Beaten

Mix Pork Rinds and Parmesan Cheese together in a shallow bowl. Beat the eggs in a separate bowl. Dip Chicken into eggs then coat with crumbs. Air Fry on 400 degrees for 22-24 minutes.

Each Piece

0g Carbs

16g Protein

5g Fat

118 Calories