

Keto Chicken Fingers

Servings: 4 | Prep: 10 min | Cook: 20 min

Ingredients:

- ☐ • 1 lb chicken tenders
- ☐ • 1 cup crushed pork rinds OR almond flour
- ☐ • ½ cup grated parmesan
- ☐ • 1 tsp onion powder
- ☐ • 2 tbsp mayo + 1 tbsp mustard (for coating)
- ☐ • Salt & pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C) or air fryer to 400°F (200°C).
2. Mix pork rinds, parmesan, and onion powder in a bowl.
3. Coat chicken with mayo + mustard mixture.
4. Dip chicken into crumb mixture to coat.
5. Bake 20 min (flip halfway) or air fry 12–15 min until crispy.
6. Serve hot