

How To Make Chicken Cracklings

Hands-on 5-10 minutes Overall 50-60 minutes

Nutritional values (per serving, 1 oz/ 30 g cracklings): Total carbs: 0 g, Fiber: 0 g,

Net carbs: 0 g, Protein: 4.5 g, Fat: 12 g, Calories: 126 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients

chicken skins from at least 2 chickens, ideally 3-4, weight varies based on size

Optional: seasoning of choice: salt, pepper, paprika, garlic or onion powder, chili powder, dried herbs, etc.

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Line a baking sheet with a parchment paper and have another piece of parchment paper ready to cover the chicken skins.
2. First, you'll need to skin the chicken. Loosen the skin by placing your fingers underneath and gently lifting it up. Make shallow cuts round the joints where the wings and drumsticks are attached to the body and lift / peel the skin off.
3. Remove the skin from the breast and the back of the chicken and cut as needed. I usually freeze the skin until I have just enough to make the cracklings - use skin from 2-4 chickens at a time. If you store the skins in the freezer, defrost and pat-dry before making the cracklings.
4. Then, remove the remaining skin from the thighs and wings. You won't be able to remove all the skin from the wings - that's fine. Use the skinned chicken for making soups, chicken stock, [shredded chicken](#) or for roasting.
5. Pat dry the skins using a paper towel. Lay the skins on the parchment paper in a single layer, season with salt and spices to taste and top with another piece of parchment paper. This will help the skins get crispy without burning. Place in the oven and bake for 30-45 minutes or until golden brown and crispy. When done, there will be excess fat on the parchment paper - you can probably reuse it but I just bin it.
6. Try with [Guacamole](#), [Marinara sauce](#), soured cream or your favourite cheese dip.

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