

Keto Crispy Fried KFC Chicken

Hands-on 20-25 minutes Overall 20-25 minutes

Nutritional values (per serving, 2 goujons): Total carbs: 2.5 g, Fiber: 0.6 g, **Net carbs: 1.8 g**,

Protein: 39.3 g, Fat: 32.7 g, Calories: 463 kcal,

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



Ingredients (makes 8 Goujons)

Dry ingredients:

- 1 1/2 tsp paprika
- 1/2 tsp dried thyme
- 1 tsp garlic powder
- 1/4 tsp cayenne pepper
- 1/2 tsp dried oregano
- 3/4 tsp sea salt
- 1/4 tsp cracked black pepper
- 3/4 cup unflavoured [whey protein powder](#) or egg white protein powder (75 g/ 2.7 oz)

Wet ingredients:

- 1 large egg
- 1 tbsp heavy whipping cream or [coconut milk](#) or [almond milk](#) (15 ml)
- 1 tsp [Sriracha](#) hot sauce, or to taste
- 1/2 tsp [Dijon mustard](#)

Chicken:

- 400 g chicken fillets, equivalent to 4 breasts or 6 skinless and boneless chicken thighs (14.1 oz)
- enough oil for deep frying ([avocado oil](#), [ghee](#) or [coconut oil](#))

Instructions

1. Place the spices and seasoning to a bowl and mix to combine (paprika, thyme, garlic, cayenne, oregano, salt and pepper). Add the mini chicken breast fillets and leave to marinate, ideally overnight in the fridge for best flavour, or at least 30 minutes.
2. Once the chicken is marinated, prepare the coating. To another bowl, add the egg, cream, Sriracha and Dijon mustard. Mix to combine.

3. Add protein powder (whey or egg white protein isolate) to a third bowl. Dip the seasoned chicken in the egg wash (shaking off any excess) and then in the whey protein to fully coat.
Note: The amount of protein powder in this recipe will be enough for one coating. If you want to do double coating, you will need to use more protein powder and possibly more egg. Also keep in mind that some of the whey will clump up and be wasted so you may need to use a few tablespoons more to fully coat the chicken.
4. For deep frying, add your chosen oil to a deep pan, enough for the chicken pieces to be fully submerged when fried. The pan should ideally be about 20-23 cm/ 8-9" in diameter so you can get about 3 or 4 pieces in at once. (Note: you will need 1 1/2 to 2 cups (360 to 480 ml) of oil although only about 1/2 cup oil will contribute to the nutrition facts, the remaining oil is discarded.)
5. Once the oil is hot, fry the chicken tenders on a medium-low heat for about 5 minutes or until golden and cooked through.
6. The chicken should be cooked once the internal temperature reaches at least 75 °C/ 165 °F but cut one open to test.
7. If you want to keep the skin crispy skin, serve fresh. They can be reheated in the oven, after storing in the fridge for 1 day, but the crumb may be a little softer.

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