

Low-Carb Parmesan Chicken

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per serving): Total carbs: 9.1 g, Fiber: 7.6 g, **Net carbs: 1.5 g,**

Protein: 49.4 g, Fat: 24.8 g, Calories: 454 kcal,

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



Ingredients (makes 6 servings)

4-6 chicken breasts, boneless and skinless (1 kg/ 2.2 lb)

1/2 cup + 1 tbsp [paleo mayonnaise](#) (120 g/ 4.2 oz) - *you can [make your own mayo](#)*

1/2 tsp sea salt

1/2 tsp garlic powder

1/2 tsp dried oregano

1/2 tsp ground black pepper

2/3 cup finely grated Parmesan cheese (60 g/ 2.1 oz)

3/4 cup + 1 tbsp lupin flakes (120 g/ 4.2 oz)

Note: If you can't find lupin flakes, try an equivalent amount of ground [pork rinds](#) or [almond flour](#). Or if you have an extra hour, I've had best results with [these keto breadcrumbs](#) that are made from "proper" keto bread.

Instructions

1. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional).
2. Mix together lupin flakes, herbs and spices and parmesan in a large shallow bowl.
3. Place the mayonnaise into a second bowl and coat the chicken breasts thoroughly before rolling in the crumb mixture to coat.
4. Place chicken breasts on a lined baking tray.
5. Bake for 25 - 30 minutes until golden and crispy.
6. Store in the refrigerator, covered for up to four days, but note that the coating will go soft.

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