

# Oven Baked Keto Southern Fried Chicken

Hands-on 15 minutes Overall 2 hours 30 minutes

**Nutritional values (per serving):** Total carbs: 3.8 g, Fiber: 1.7 g, **Net carbs: 2 g**,

Protein: 31.6 g, Fat: 17.1 g, Calories: 314 kcal,

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



## Ingredients (makes 6 servings)

12 chicken drumsticks, or pieces to taste (1.6 kg/ 3.5 lb) - *will yield about 50% meat*

4 cups unsweetened [almond milk](#) (960 ml/ 32 fl oz) - *see note below for a nut-free alternative*

4 tbsp lemon juice (60 ml/ 2 fl oz) - *can be substituted with vinegar*

2 tbsp [pink Himalayan salt](#) or [sea salt](#)

2 tsp ground [black pepper](#)

2 tsp dried oregano

2 tsp smoked paprika

1 tsp [garlic powder](#)

1 tsp [onion powder](#)

*Optional:* 1/4 tsp chilli powder

1 1/4 cup [pork rinds](#) (63 g/ 2.2 oz) - *you can [make your own](#)*

1/4 cup [coconut flour](#) (30 g/ 1.1 oz)

olive oil or [coconut oil](#) cooking spray

*Note: Nutrition facts for ingredients used as marinade are included partially (25%) as they are only used for marinating. Buttermilk can be used in place of [almond milk](#) and lemon juice if you do not require a paleo, dairy-free version.*

## Instructions

1. Combine almond milk, lemon juice, 2 tablespoons of salt, 1 teaspoon of pepper and 1 teaspoon of dried oregano in a bowl.
2. Submerge chicken pieces and leave to brine for a minimum of 90 minutes and a maximum of overnight.
3. Once brining is complete, add remaining ingredients, except cooking oil, into a food processor and pulse until combined into fine crumbs.
4. Pre-heat oven to 180 °C/ 360 °F. Shake crumbed coating out onto a tray. One at a time, remove chicken pieces from brine solution and roll in coating until evenly coated.

5. Place coated pieces on a lined baking tray. Once all pieces are coated, bake for approx. 45 minutes depending on the size of your pieces. Mid-way through the baking time, remove from oven and spray with olive oil cooking spray.

6. Serve with [Keto French Fries!](#)

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