

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: 32.3 g, Fat: 17 g, Calories: 318 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. Preheat oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). 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!

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans