AMERICAN · LUNCH · SNACK

Crispy Low-Carb Chicken Tenders in the Air Fryer

30 min · Makes 6 × 1 large tender · 253 kcal a portion · Video 5:58 · KetoFocus

Gluten-free ingredients · Dairy-free

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Ground pork rinds and almond flour replace the flour coating, so a tender has under 2 g net carbs and about 25 g protein, and the dipping sauce is sweetened without sugar.

Diet notes: Low carb (1.4 g net carbs) but not keto: 56% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

14 · MAKES 6 × 1 LARGE TENDER

- [ ] 450 g **chicken tenders** (tenderloins)
- [ ] 45 g **ground pork rinds** (pork panko), divided
- [ ] 35 g **almond flour**
- [ ] 1 tsp **garlic powder**
- [ ] 1 tsp **onion powder**
- [ ] ¼ tsp **salt**, plus a pinch to season the chicken
- [ ] ¼ tsp **black pepper**, plus a pinch to season the chicken
- [ ] 1 **egg**
- [ ] 2 tbsp **water** (for the egg wash)
- [ ] **avocado oil cooking spray** (about 1 tsp)
- [ ] 55 g **mayonnaise or avocado mayo** (for the dipping sauce)
- [ ] 1 tbsp **sugar-free barbecue sauce** (for the dipping sauce)
- [ ] 1 tbsp keto (sugar-free) honey (for the dipping sauce)
- [ ] 1 tsp **yellow mustard** (for the dipping sauce)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pat the chicken tenders dry and season both sides with salt and pepper. 0:42
2. In a shallow dish mix 240 ml of the ground pork rinds with the almond flour, garlic powder, onion powder, salt and pepper. Put the other 120 ml of pork rinds in a second dish, and whisk the egg with the water in a third. 0:59
3. Dust each tender in the seasoned mix, dip it in the egg wash and coat it again in the seasoned mix. For an extra-crunchy crust, dip it in egg once more and finish in the plain pork rinds. 2:18
4. Lay the tenders in a single layer in the air fryer, spray the tops lightly with oil and air-fry at 180°C for about 10 minutes, until cooked through (74°C inside). 4:33
5. While they cook, stir together the mayonnaise, sugar-free barbecue sauce, keto honey and mustard for a Chick-fil-A-style dipping sauce. 4:53

> **Tip** A serve is one large tender — have two with a salad for dinner. No air fryer? Bake on a lined tray at 200°C for 15–20 minutes. Nut-free: use grated parmesan instead of almond flour.

The method is a summary in our words — the video shows every step.

One portion (1 large tender) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
253 kcal 1,060 kJ	25 g 49% of a day	2.3 g 1.4 g net · 0.6 g sugars 1% of a day	0.9 g 3% of a day	16 g 3.1 g saturated 20% of a day	460 mg 20% of a day

Energy from net carbs 2% · protein 40% · fat 58% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 43% · Selenium 40% · Vitamin B6 22%

Source of (10–19%) Vitamin B12 15% · Vitamin E 14% · Vitamin K 13%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=HHloYveUTHQ, published 29 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/air-fryer-pork-rind-chicken-tenders