

Meals &amp; Cooking &gt; Nutrition

# Keto Fried Chicken

by **MAKINZE GORE** UPDATED: JUN 15, 2021**YIELDS:**

6 – 8 serving(s)

**PREP TIME:**

15 mins

**TOTAL TIME:**

1 hr 15 mins

## Ingredients

### FOR THE CHICKEN

6 bone-in, skin-on chicken breasts (about 4 lbs.)

Kosher salt

Freshly ground black pepper

2 large eggs

1/2 c. heavy cream

3/4 c. almond flour

1 1/2 c. finely crushed pork rinds

1/2 c. freshly grated Parmesan

1 tsp. garlic powder

1/2 tsp. paprika

### FOR THE SPICY MAYO

1/2 c. mayonnaise

1 1/2 tsp. hot sauce

## Directions

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### Step 1

Preheat oven to 400° and line a large baking sheet with parchment paper. Pat chicken dry with paper towels and season with salt and pepper.

### Step 2

In a shallow bowl whisk together eggs and heavy cream. In another shallow bowl, combine almond flour, pork rinds, Parmesan, garlic powder, and paprika. Season with salt and pepper.

### Step 3

Working one at a time, dip chicken in egg mixture and then in almond flour mixture, pressing to coat. Place chicken on prepared baking sheet.

### Step 4

Bake until chicken is golden and internal temperature reaches 165°, about 45 minutes.

### Step 5

Meanwhile, make dipping sauce: In a medium bowl, combine mayonnaise and hot sauce. Add more hot sauce depending on preferred spiciness level.

### Step 6

Serve chicken warm with dipping sauce.