

Air Fryer Crispy Parmesan Chicken

HIGH PROTEIN | KETO FRIENDLY | GLUTEN FREE | NO ADDED SUGAR



Prep: 15 min

Cook: 15-24 min

Serves: 4

INGREDIENTS

- 2 lb chicken drumsticks, thighs or breast pieces
- 1 large egg, beaten
- 1/3 cup almond flour
- 1/2 cup finely grated Parmesan cheese
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- Avocado oil or olive oil spray

Ingredient note

Use organic ingredients whenever possible. Choose chicken without added solutions, preservatives or artificial ingredients.

INSTRUCTIONS

1. Combine almond flour, Parmesan, Italian seasoning, garlic powder, salt and pepper.
2. Whisk the egg in a separate shallow bowl.
3. Dip each piece of chicken in egg, then press into the coating until evenly covered.
4. Spray generously with oil.
5. Arrange in one layer in the air fryer. Work in batches if necessary.
6. Air fry at 400°F (200°C), turning halfway, until crisp and golden.
7. Cook until the thickest part reaches 165°F (74°C).

COOKING GUIDE

- Drumsticks: 18-22 min
- Bone-in thighs: 18-24 min
- Boneless thighs: 14-18 min
- Breast pieces: 12-18 min

VICTORIA'S TIP

Do not overcrowd the basket. Leave space around each piece so hot air can circulate and the coating becomes crisp rather than soft.

APPROXIMATE NUTRITION

Per serving (1/4 recipe)

Calories 400 | Protein 37 g | Fat 26 g

Total Carbs 3 g | Fibre 1 g | Net Carbs 2 g

Sugar 1 g

Estimates vary by chicken cut and coating used.

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