

KFC Crispy Fried Chicken

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Makes: 8 pieces

Ingredients:

- 2 lbs chicken (I used skin on drumsticks and thighs)
- 1 cup buttermilk
- 2 eggs, beaten
- 1 cup unflavored protein powder (I used this one: <https://amzn.to/32PIODS>)
- 2 tbsp grated parmesan
- 1/4 tsp black pepper
- 1 tsp garlic powder
- 1/4 tsp ground ginger
- 1/4 tsp chili powder

- ½ tsp dried oregano
- 2 tsp paprika
- 2 tsp salt
- Optional - ¼ tsp cayenne pepper for a light spice
- For Shallow Frying - about 1 cup avocado oil

Directions:

1. Preheat your oven to 180F.
2. Clean your chicken and pat dry with paper towels. Make sure your chicken is as dry as possible.
3. In a bag, add your eggs with the buttermilk, and mix. Soak the chicken in the buttermilk mixture for 30 minutes in the fridge, this tenderizes the chicken.
4. In a separate bowl, add your protein powder, parmesan cheese and spices. Mix together, this is your breading.
5. Add your brined chicken to your egg, then your breading. Shake to coat and also shake off any excess and set the chicken aside on a rack to dry.
6. Pour the oil into a deep skillet and fry for about 3-4 minutes on each side on medium high heat. Make sure you watch it, you don't want to burn your breading. You'll finish off the chicken in the oven, so don't worry about that.
7. Finish shallow frying the rest of the chicken, making sure to not overcrowd the pan. Remove the chicken and place on a cooling rack

Nutrition:

Nutrition per piece:

- Calories - 253

- Fat - 19.5g
 - Protein - 18g
 - Net Carbs - 1.7g
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