

Keto Nashville Hot Chicken Sandwich

♥ lowcarblove.com/blog/keto-nashville-hot-chicken-sandwich

July 13, 2021



Servings: 2

Biscuit

Recipe linked [here](#).

Chicken

Ingredients:

- 2 boneless chicken breast cut into 4 pieces
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1/4 cup flavorless protein powder
- 1/4 cup lupin flour
- 1/2 teaspoon of salt
- 2 eggs
- 1 tablespoons vinegar-based hot sauce Tabasco

Chili Oil

Ingredients:

- ½ cup of frying oil
- 3 tablespoons cayenne pepper
- 1 tablespoons sweetener
- ¼ teaspoon of molasses
- ½ teaspoon chili powder
- ½ teaspoon of garlic powder
- ½ teaspoon of paprika

Coleslaw

Ingredients:

- 1/2 cup mayo
- 1/4 cup sour cream
- 6 tablespoons powdered sweetener
- 1 Med carrot shredded
- 1 10oz bag shredded cabbage
- 1 1/2 tablespoons apple cider vinegar
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 cup finely chopped red onion
- 2 1/2 tablespoons lemon juice

Directions:

1. Preheat the oven to 400 degrees.

2. Grease a cupcake pan with coconut oil spray.
3. Whip egg whites until very fluffy.
4. In a separate medium bowl, mix the baking powder into the almond flour.
5. Then cut in the butter and salt.
6. Gently fold the dry mixture into the whites.
7. Using a ice cream scoop, scoop the dough into the cupcake tin and bake for 8 to 10 minutes.
8. Set aside.
9. Clean, wash, and dry the chicken.
10. Add salt and pepper.
11. Mix lupin, protein, and pinch of salt.
12. Whisk the eggs and Tabasco together.
13. Dip the chicken in egg then into flour mixture.
14. Set aside.
15. Whisk cayenne, sweetener, molasses, chili powder, garlic powder, and paprika in a medium bowl; carefully whisk in 1 cup frying oil.
16. Brush fried chicken with spicy oil.
17. Add to the biscuits with optional coleslaw (mix all coleslaw ingredients together in a bowl).

Nutrition per serving:

- 4g Net Carbs
- 6g Fiber
- 10g Total Carbs.

- 65g Protein
- 42g Fat
- 668 Calories