

# CRISPY CHICKEN TENDERS (KETO)

8 servings

## INGREDIENTS

- 3 lb(s), Boneless Skinless Chicken Breast, cut into 1 inch thick tenders
- 2 oz(s), Fresh Parmesan, grated
- 2 large, Egg, scrambled
- 1 scoop of Equip Unflavored Beef Isolate Protein
- 7.55 oz., Original Flavor Fried Pork Rind Crumbs, Pork King Good

## DIRECTIONS

Preheat oven to 350 degrees. Line a cookie sheet with parchment paper and spray lightly with avocado oil spray.

Rinse chicken and pat dry. Cut chicken breasts into 1 inch thick tenders.

Mix grated parmesan and pork rind crumbs together in a bowl.

Dip each tender into egg and then lightly and evenly coat each tender in pork rind/parmesan mix.

Place tenders on lined baking sheet and bake for 15 minutes, turning at 7.5 minutes.

Optional: Turn oven to hi broil, and broil for 3 minutes or until desired crispness.

## MACROS

403 calories

17 grams fat

60 grams protein

ZERO CARB

Serve with your favorite low/no carb dipping sauce!

