



## NASHVILLE HOT CHICKEN TENDERS

Recipe by Low Carb Lori (lowcarbLori.com)  
and featured on MariGoldBars.com

### INGREDIENTS:

- 2lb chicken tenders
- @grillospickles juice for brine
- 3 eggs, whisked
- Oil for frying

### Coating:

- 1 cup almond flour
- 1/3 cup @marigoldbars Unflavored Whey Protein Isolate Powder
- 1/3 cup @porkkinggood unseasoned crumbs
- 2 tsp each:
  - Salt, Cayenne, Hot paprika, Chili powder
- Black pepper to taste

### Sauce:

- 1/2 stick butter, melted
- 1/4 cup hot sauce
- 2tbsp @sukrinusa golden sweetener
- 1 tbsp each:
  - Cayenne, Chili powder, Hot paprika, @flavorgod garlic lovers

### DIRECTIONS:

1. Brine chicken in pickle juice 4 hours in fridge. Remove and pat dry.
2. Add whisked eggs to one bowl and combine all coating ingredients in a second bowl.
3. Dip chicken in egg and then coating. Repeat for a double coating.
4. For fried version heat oil over medium heat and fry 4 minutes per side until fully cooked and crispy. For air drier option spray with oil and cook at 375 8-10 minutes per side.
5. Add butter, hot sauce and sweetener to a bowl and microwave 45-60 seconds to melt. Stir in spices and brush onto chicken.
6. Enjoy with @grillos pickles



Featuring MariGold Unflavored Whey Protein Isolate Powder (MariGoldBars.com)

