

# No Carb Crunchy Parm and Cheddar Chicken Tenders

.07 net carbs per serving for 10 servings.



LowCarbeDiem.com

Preheat your oven to 375 F. Cut the chicken into strips.

Scramble the egg and place into a bowl. Mix the cheddar and parmesan together in a separate bowl.

Dip each tender in the egg. Roll the chicken through the cheddar parmesan. Coat both sides fully.

Place chicken fingers on a greased baking sheet, leaving space between each piece. Sprinkle with sea salt, black pepper and freshly chopped basil.

Bake 15 to 20 minutes until golden and crispy.

Serving sizes can vary. Nutrition Facts are for total recipe.

- 2 lbs chicken breast
- 1 whole egg
- 10 ozs parmesan cheese, grated
- 4 ozs sharp cheddar cheese, grated
- 1/2 tsp basil, finely chopped
- 1/2 tsp sea salt
- 1/2 tsp black pepper

## Nutrition Facts

Amount Per Serving	
<b>Calories</b> 3066	Calories from Fat: 1809
<b>% Daily Values*</b>	
<b>Total Fat</b> 194g	299%
Saturated Fat 98g	492%
<b>Cholesterol</b> 994mg	331%
<b>Sodium</b> 6494mg	271%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	1%
<b>Protein</b> 303g	
<b>Vitamin A</b>	83%
<b>Vitamin C</b>	13%
<b>Calcium</b>	484%
<b>Iron</b>	52%

\* Percent Daily Values are based on a 2000 calorie diet.