

Corn flake

6 tbsp corn flake cereal



Cooking spray



Chicken breasts

boneless, skinless chicken breasts
(cut in half lengthwise to make 4 equal portions) 1 lbs



Buttermilk

1/3 cup low-fat buttermilk



Garlic Powder

1 teaspoon garlic powder



Air Fryer Buttermilk Fried Chicken

Cornmeal

3 tablespoons stone-ground cornmeal



Paprika

1/2 teaspoon paprika



Pepper

1/4 teaspoon pepper



Salt

1/4 teaspoon salt



Red hot-pepper sauce

1/4 teaspoon red hot-pepper sauce



Ingredients



Diabetes
360°

Directions

Air Fryer Buttermilk
Fried Chicken



Amount per serving
160 Calories



Air Fryer Buttermilk Fried Chicken



In a small, deep bowl, stir together
the buttermilk & hot sauce.

Directions



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Air Fryer Buttermilk
Fried Chicken



Place the chicken in the buttermilk mixture.
Allow to stand 15 minutes.



Directions



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Air Fryer Buttermilk Fried Chicken



Place the cornflakes into bowl
Add the cornmeal, garlic powder, paprika,
salt & pepper & pulse until evenly mixed.
Pour the crumbs into a shallow bowl.

Directions



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Amount per serving
160 Calories



Air Fryer Buttermilk
Fried Chicken



Coat the chicken pieces evenly
in the cornflake mixture.

Directions



Diabetes
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Amount per serving
160 Calories



Air Fryer Buttermilk
Fried Chicken



Place the coated chicken
pieces on a wire rack.

Directions



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Amount per serving
160 Calories

Air Fryer Buttermilk Fried Chicken



Place the chicken in the air fryer basket.
Spray with nonstick cooking spray for 2 seconds
(cook in batches if all the chicken doesn't fit).

Directions



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Amount per serving
160 Calories



Air Fryer Buttermilk
Fried Chicken



Set the temperature to 375°F
& air fry for 7 minutes. Turn the chicken pieces.



Directions



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