Description: Get ready to enjoy the iconic 11 secret herbs and spices crunch without the deep-fried guilt. This air fryer KFC copycat chicken delivers a shattering crisp skin and juicy interior while keeping your meal high protein and low-carb friendly. It is the ultimate comfort food upgrade designed to satisfy your fried chicken cravings effortlessly.

Can This Crispy Air Fryer KFC Copycat Chicken Support Weight Loss Goals?

Yes, it fits seamlessly into weight-loss plans by swapping traditional deep frying for air frying, drastically cutting down on absorbed oils and overall calories. Using lean chicken cuts coated in a high-protein, low-carb seasoning layer helps promote satiety, keeping you full longer while maintaining a calorie-conscious profile.

Does Crispy Air Fryer KFC Copycat Chicken Fit a High-Protein Lifestyle? This recipe is exceptionally well-suited for a high-protein lifestyle because it relies on lean chicken breast or thighs paired with an egg-white and protein-boosted low-carb coating. Delivering over 35 grams of protein per serving with minimal net carbs, it fuels muscle recovery without unwanted heavy starches. It allows you to hit your daily macro targets while indulging in authentic fried chicken flavor.

My Personal Experience

- Achieving the Iconic Crunch Without Frying: Air frying with a slight spray of oil mimicked the crunch of deep frying without leaving the chicken greasy or heavy.
- Mastering the Secret Herb Blend: Combining classic seasonings like paprika, garlic powder, and white pepper produced an aroma that matched the original takeaway favorite.

Perfect For: Ideal for weeknight dinners, meal prep, low-carb diet plans, high-protein lunches, and guilt-free weekend comfort food cravings.

Why You’ll Love This Recipe:

- Massive High-Protein Payoff: Packs a high dose of lean protein per serving to keep you full and energized throughout the day.

- Authentic Fast-Food Flavor at Home: Recreates the classic 11-spice taste using simple kitchen staples for a satisfying fast-food fix.
- Quick and Easy Clean-Up: Air frying eliminates oil splatters, making dinner preparation and kitchen clean-up virtually effortless.

Common Mistakes to Avoid:

1. Overcrowding the Basket: Steam gets trapped when pieces touch, making the coating soggy instead of crispy.
2. Skipping the Cooking Spray: A light spritz of oil over dry flour spots is mandatory for golden browning.
3. Using Excessively Wet Chicken: Patting the chicken completely dry before dredging ensures the coating sticks properly.
4. Cooking at Low Temperatures: Cooking below 380°F (193°C) dries out the chicken meat before the exterior turns crunchy.

Required Equipment:

- Air Fryer: Circulates rapid hot air to create an ultra-crispy crust with minimal oil.
- Tongs: Allows safe turning of hot chicken pieces without stripping off the crispy coating.
- Shallow Breading Bowls: Keeps dredging station organized and prevents messy batter buildup.
- Meat Thermometer: Ensures chicken hits an exact safe internal temperature of 165°F (74°C) without overcooking.

Storage Instructions: Store cooled leftovers in an airtight glass container in the refrigerator

for up to 4 days. For longer storage, flash-freeze pieces on a tray for 1 hour before transferring to a freezer-safe bag for up to 2 months. Reheat in the air fryer at 375°F (190°C) for 4–5 minutes to restore maximum crispness while preserving high-protein moisture.

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Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 20 minutes
- Total Time: 35 minutes
- Servings: 4
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): Approximately 310 kcal

This easy air-fryer recipe reimagines classic takeaway fried chicken into a lean, protein-packed powerhouse. Loaded with savory herbs and crushed low-carb coating options, it gives you max crunch with minimal effort. Enjoy a healthy copycat dish that satisfies comfort food cravings on any diet plan.

 Ingredients:

- 1.5 lbs (680g) Boneless, skinless chicken breasts or thighs (cut into uniform pieces)
- 1 cup Unsweetened whey protein isolate or almond flour (for low-carb coating)

- 1 large Egg (beaten with 2 tbsp egg whites)
- 1/2 cup Unsweetened almond milk (or buttermilk)
- 1 tbsp Paprika
- 1 tbsp Garlic powder
- 1 tsp Onion powder
- 1 tsp Dried oregano
- 1 tsp Dried thyme
- 1 tsp White pepper
- 1/2 tsp Celery salt
- 1/2 tsp Ground mustard
- 1 tsp Salt
- Cooking oil spray (olive oil or avocado oil spray)

*Note: You can swap almond flour for crushed pork rinds or low-carb breadcrumbs if preferred for extra crunch.*

Directions:

1. Prep Equipment & Preheat: Preheat your air fryer to 390°F (199°C) for 5 minutes to ensure high-heat cooking from the start.
2. Prepare Dredging Station: In bowl one, whisk the egg, egg whites, and almond milk together. In bowl two, combine the almond flour/protein powder with all 11 spices and salt thoroughly.

3. Coat the Chicken: Pat chicken pieces dry with a paper towel. Dip each piece into the wet egg mixture, let excess drip off, then press firmly into the spice flour mix until fully coated.

4. Arrange in Basket: Spray the air fryer basket lightly with cooking spray. Place chicken pieces in a single layer, ensuring space between them for airflow.

5. Air Fry to Perfection: Spray the top of the chicken with cooking oil spray so no dry flour spots remain. Air fry at 390°F (199°C) for 10 minutes, flip with tongs, light-spray again, and cook for another 8–10 minutes until golden brown and the internal temperature reaches 165°F (74°C).

6. Rest & Serve: Let the chicken rest on a wire rack for 3 minutes before serving to lock in juicy juices and set the crunchy crust.

Nutrition Facts (Per Serving – Approximate):

- Calories: 310 kcal
- Fats: 10 g
- Cholesterol: 115 mg
- Sodium: 620 mg
- Potassium: 420 mg
- Total Carbohydrates: 4 g
- Fiber: 2 g
- Net Carbs: 2 g
- Sugars: 0.5 g

- Protein: 48 g
- Calcium: 60 mg

Notes:

- Reheating: Reheat at 375°F (190°C) in the air fryer for 4 minutes; avoid microwaves to prevent sogginess.
- Allergy Note: Ensure your protein powder or flour replacement is gluten-free and nut-free if serving guests with allergies.
- Flavor Boost: Add 1/2 tsp of cayenne pepper to the spice blend for a spicy KFC Zinger style flavor.