

AIR FRYER NASHVILLE HOT CHICKEN WITH RED CABBAGE SLAW



50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the fried chicken:

- ★ 1 cup reduced-fat buttermilk
- ★ 1 tablespoon hot cayenne pepper sauce
- ★ 1 large egg
- ★ 4 small boneless, skinless chicken breasts (about 1½ pounds)
- ★ ⅓ cup whole wheat flour
- ★ ⅓ cup almond flour
- ★ 1½ tablespoons cornstarch

- ★ 1 teaspoon freshly ground black pepper
- ★ 1 teaspoon cayenne pepper
- ★ 1½ teaspoons sweet paprika
- ★ ½ teaspoon garlic powder
- ★ ½ teaspoon onion powder
- ★ Avocado oil spray

For the slaw:

- ★ 2 cups finely shredded red cabbage
- ★ 2 tablespoons pickle juice

For the Nashville-style hot sauce:

- ★ 2 tablespoons hot cayenne pepper sauce
- ★ ½ to 1 teaspoon cayenne pepper, to taste
- ★ ⅛ teaspoon smoked paprika
- ★ ⅛ teaspoon chili powder
- ★ Pinch of garlic powder
- ★ ½ teaspoon honey
- ★ Bread and butter pickle chips, for serving

DIRECTIONS

In a medium bowl, whisk together the buttermilk, hot sauce, and the egg. Submerge the chicken in the buttermilk mixture, cover, and refrigerate for at least 1 hour and up to overnight.

Meanwhile, in a large bowl, whisk together the whole wheat flour, almond flour, cornstarch, remaining salt, black pepper, cayenne pepper, sweet paprika, garlic powder, and onion powder and set aside. In a medium bowl, toss the red cabbage with the pickle juice, cover, and refrigerate until ready to serve.

When chicken is ready, drizzle 2 tablespoons of the buttermilk mixture into the flour mixture and gently stir until some clumps begin to form. Remove chicken from the buttermilk mixture, allowing any excess to drip off, and generously dredge in the flour mixture, pressing lightly to adhere. Transfer to a large plate and set aside.

Preheat the air fryer to 375 degrees F. Lightly coat the basket with avocado oil spray. Working in batches if necessary, cook the chicken in a single layer, carefully turning once halfway through, until golden and crisp, about 15 to 20 minutes. While the chicken is frying, make the sauce. In a small bowl, whisk together the hot sauce, cayenne pepper, smoked paprika, chili powder, garlic powder, and honey. Set aside. When the chicken is done, remove from the air fryer and drizzle with the sauce. Serve hot alongside the red cabbage slaw and pickle chips.

Serving Size and Nutritional Information:

Serves 6 (Serving Size = 209 g)
260 Calories Per Serving, **7 g** Total Fat,
13 g Total Carbohydrates, **37 g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Download more delicious,
type 2 diabetes-friendly recipes
at MyType2Tips.com



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.
© 2026 Novo Nordisk Printed in the U.S.A. US26OZM00138 April 2026