

# Low-carb 7 Spices Chicken Drumsticks



The enticing chicken drumsticks marinated in the home-made aromatically flavorsome 7spices including garlic, oregano, cayenne, paprika, mustard powder, salt & pepper is a quick & easy-to-make lunch/dinner recipe!

## Ingredients for 2 serving (US/Metric)

- 8 *pieces* Chicken drumsticks
- 5.5 *tbsp* Olive oil
- 1.5 *tbsp* Heavy cream
- Garlic powder
- Paprika
- Cayenne pepper powder
- Mustard powder
- Oregano, dried
- Salt & pepper to taste

- **Fresh parsley**

## **Nutrition (US/Metric)**

- **Protein:** 32%
- **Fat:** 67%
- **Net carbs:** 0%

## **Instructions**

1. Make the marinade in a large bowl by mixing all the ingredients (besides the drumsticks) along with ¼ cup of olive oil.
2. Prep the drumsticks by de-skinning (if needed) and making 2-3 cuts (across the top) on each of them.
3. Put prepped drumsticks in an airtight bag along with the marinade. Seal the bag, mix well, roll-up, and marinate for 60 minutes.
4. Turn on the oven and preheat for 10 minutes at 375°F.
5. Meanwhile, coat baking tray with non-stick pan-spray, place drumsticks in a single layer and pour the marinade on top.
6. Bake for 45minutes until the exterior turns golden & crisp.
7. Check doneness with a digital thermometer! The internal temperature should read 175°F.