Low-carb Baked Chicken Legs



The attractive moist baked chicken legs having an appetizing crisp browned skin served with tender boiled broccoli & garlic butter is the filling nutrient-dense keto lunch/dinner!

Ingredients for 2 serving (US/Metric)

- 285*g* / 10.1*oz* Chicken Thighs
- 3 cup Broccoli
- Garlic powder
- 1.5 tbsp Olive oil
- Herb Mix
- Salt & pepper to taste
- 7.5 tbsp Garlic Herb Butter

Nutrition (US/Metric)

Protein: 22% Fat: 74%

• Net carbs: 4%

Instructions

- 1. Set the oven for preheating at 400°F (200°C).
- 2. Transfer the chicken legs to a large bowl. Add garlic powder, Italian seasoning, salt, & olive oil. Give it a toss.
- 3. Take a baking sheet and place the chicken legs (skin side up) on it.
- 4. Transfer the baking sheet into the preheated oven. Bake for 40-45 minutes. (The chicken is perfectly cooked through when its internal temperature reads 165°F or when its juices run clear)
- 5. While the chicken bakes, prepare the broccoli & garlic butter
 - Snap off the broccoli florets & slice the stem. Then, cook them for 5 minutes in a pot of boiling salted water. Drain the liquid and cover the pot to keep the boiled broccoli warm.
 - To prepare the garlic butter, mix the unsalted softened butter with crushed garlic cloves, fresh chopped parsley, salt & pepper. Set aside.
- 6. Serve the baked chicken legs with the boiled broccoli & garlic butter.