

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)

- 285g / 10.1oz **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.