

September 2020

Chicken Keto

## Buffalo Drumsticks with Chili Aioli

### Ingredients:

- 1/3 cup mayonnaise
- 1 tbsp smoked paprika powder or smoked chili powder
- 1 garlic clove, minced
- 2 lbs chicken drumsticks or chicken wings
- 2 tbsp olive oil or coconut oil
- 2 tbsp white wine vinegar
- 1 tbsp tomato paste
- 1 tsp salt
- 1 tsp paprika powder
- 1 tbsp tabasco
- butter or olive oil, for greasing the baking dish

### Instructions:

1. Preheat the oven to 220°C
2. Put the drumsticks in a plastic bag.
3. Mix the ingredients for the marinade in a small bowl and pour into the plastic bag. Shake the bag thoroughly and let marinate for 10 minutes in room temperature.
4. Coat a baking dish with oil. Place the drumsticks in the baking dish and let bake for 30–40 minutes or until they are done and have turned a nice color.
5. Mix together mayonnaise, garlic and chili.

### Homemade Keto Mayonaise:

- 1 egg yolk
- 1 tsp Dijon mustard
- 1 cup avocado oil or light olive oil
- 2 tsp white wine vinegar or lemon juice

Use machine mixer and whip until soft peaks form.

### Nutritional Information:

Net carbs: 0 % (0.2 g)

Fiber: 0 g

Fat: 99 % (57 g)

Protein: 1 % (1 g)

Calories: 510

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#### Retail Store

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1159 John Voster Rd  
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Herbology South Africa (PTY) LTD  
Reg. Number 2019/340679/07

Hemp Permit #: 022/2018/2019  
National Healer #: 061197

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