

September 2020

Chicken Keto

## Garlic Chicken with Lemon

### Ingredients:

- 55g butter
- 900g chicken drumsticks
- salt and pepper
- 1 lemon, the juice
- 2 tbsp olive oil
- 7 garlic cloves, sliced
- ½ cup fresh parsley, finely chopped

### Instructions:

1. Preheat the oven to 225°C
2. Place the chicken pieces in a butter-greased baking pan. Salt and pepper generously.
3. Drizzle the lemon juice and olive oil over the chicken pieces. Sprinkle the garlic and parsley on top.
4. Bake the chicken until golden and the garlic slices have turned brown and roasted, about 30–40 minutes. The baking time may be longer, if your drumsticks are on the larger size. Lower the temperature a little towards the end.

### Nutritional Information:

Net carbs: 2 % (3 g)

Fiber: 1 g

Fat: 66 % (39 g)

Protein: 31 % (42 g)

Calories: 543

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#### Retail Store

Greenroots Centre  
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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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