

June 2020

Keto Meal Plan Main Meal

Hot Spicy Chicken

Ingredients:

- 6 chicken drumsticks.
- ½ cup hot sauce.
- 2 tbsp butter.
- ½ tsp chilli flakes.
- ½ tsp cayenne pepper.
- ½ tsp garlic powder.
- ½ tsp paprika.
- Salt and pepper.

Instructions:

- Place chicken drumsticks in a large bowl and drizzle a little hot sauce over; sprinkle with salt and pepper..
- Line a grill pan with foil and grill chicken on high heat for 8-10 minutes until they begin to colour.
- In a saucepan, melt the butter and stir in all other ingredients; remove from heat.
- Take drumsticks from grill, turn over and grill for an additional 8-10 minutes.
- When drumsticks are browned and cooked through, place into a large bowl.
- Pour over the spicy butter sauce and coat drumsticks evenly.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 2

Per serving:

Fat: 47g

Carbohydrates: 1g

Protein: 49g

Calories: 631

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