

Peri-peri Chicken, the Spicy Portuguese Chicken

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-portuguese-sweet-bread-recipe>

Ingredients:

- 4 tablespoons olive oil
- 10 chili bird's eye, depends on the heat level of your choice
- 4 cloves garlic or 1 1/2 tablespoon garlic powder for a thicker consistency
- 1 lemon about 1/4 cup
- 1 tablespoon paprika
- 1 bay leaf
- 1 teaspoon oregano
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 4 chicken legs
- sea salt extra, optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 125 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 8 grams
8. Sodium: 1320 milligrams

Thank you for visiting our website. Hope you enjoy Peri-peri Chicken, the Spicy Portuguese Chicken above. You can see more 20 keto portuguese sweet bread recipe Prepare to be amazed! to get more great cooking ideas.