

One Skillet Keto Portuguese Style Chicken

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-whole-chicken-recipe>

Ingredients:

- 2 pounds bone-in, skin-on chicken thighs bone in & skin on
- 1 tablespoon avocado oil or olive oil
- 4 slices lemon
- 1 1/2 cups zucchini diced
- 1/3 cup red bell pepper diced
- 1/4 cup olive oil
- 3 tablespoons lime juice
- 1 tablespoon red wine vinegar
- 3 cloves garlic peeled and minced
- 1/4 teaspoon crushed red pepper flakes
- 2 teaspoons paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 190 milligrams
4. Fat: 51 grams
5. Fiber: 2 grams
6. Protein: 40 grams
7. SaturatedFat: 11 grams
8. Sodium: 470 milligrams
9. Sugar: 2 grams

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