

Oven Baked Chicken Thighs

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-boneless-thighs>

Ingredients:

- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon ground paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon dried parsley
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 2 pounds chicken thighs 6-8 pieces, patted dry
- 1 tablespoon butter diced

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 130 milligrams
4. Fat: 29 grams
5. Protein: 26 grams
6. SaturatedFat: 8 grams
7. Sodium: 920 milligrams

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