AMERICAN · DINNER · LUNCH

Crispy Baked Chicken Thighs with Garlic and Herbs

50 min · Makes 8 × 1 chicken thigh · 277 kcal a portion · Video 5:46 · Downshiftology

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 25 g protein and 1 g net carbs a thigh, rich in selenium and a good source of zinc and vitamin B6: bone-in thighs rubbed with garlic, onion, paprika and herbs and roasted on a rack until the skin crisps, with no flour or breading. Paleo as written; the skin puts it over DASH saturated-fat limits.

Diet notes: Keto (1 g net carbs a serve).

Ingredients 8 · MAKES 8 × 1 CHICKEN THIGH

- [ ] 8 **chicken thighs**, bone-in and skin-on
- [ ] 2 tbsp extra **virgin olive oil** (or avocado oil)
- [ ] 2 tsp **garlic powder**
- [ ] 2 tsp **onion powder**
- [ ] 1½ tsp **paprika**
- [ ] 1 tsp **dried oregano**
- [ ] 1 tsp **dried thyme**
- [ ] **Salt**: 1 tsp kosher salt and ½ tsp black pepper

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Take the chicken out of the fridge about 20 minutes before cooking so it comes to room temperature. There's no need to rinse it. 0:40
2. Heat the oven to 220°C and stir together the garlic powder, onion powder, paprika, oregano, thyme, salt and pepper. 1:36
3. Blot the thighs completely dry with paper towels (dry skin crisps), then toss them with the oil. 2:08
4. Add about two-thirds of the spice mix in two goes, stirring between, and rub some under the skin too. 2:33
5. Set a rack on a heavy baking sheet, lay the thighs on it skin side up and pat the rest of the spices on top. 3:12
6. Bake 35–40 minutes, until the thickest part reads 77°C. Broil 2–3 minutes for extra-crisp skin if you like, then rest 5 minutes. 3:50

> **Tip** The rack lets air circulate so the skin stays crisp underneath too.

The method is a summary in our words — the video shows every step.

One portion (1 chicken thigh) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
277 kcal	25 g	1.4 g	0.4 g	19 g	380 mg
1,160 kJ	49% of a day	1 g net · 0.1 g sugars	2% of a day	4.8 g saturated	17% of a day
		1% of a day		24% of a day	

Energy from net carbs 1% · protein 36% · fat 63% — fits keto: 1 g net carbs, 63% of the energy from fat

High in (20%+ of a day) Selenium 43% · Zinc 20% · Vitamin B6 20%

Source of (10–19%) Vitamin B12 13%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=2zaccNJRCb4. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-crispy-baked-chicken-thighs