AMERICAN · DINNER

Creamy Lemon Chicken Thighs with Spinach

50 min · Serves 6 · 364 kcal a serve · Video 9:56 · Low Carb Recipes with Jennifer

Gluten-free ingredients · Nut-free

About 27 g protein and only 3 g net carbs per thigh with sauce, thickened with cheese instead of flour and with no sugar. The spinach stirred through adds plenty of vitamin K.

Diet notes: Keto (2.9 g net carbs a serve).

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Ingredients 13 · SERVES 6

- [ ] 6 **chicken thighs**, bone-in and skin-on
- [ ] 1 tbsp **smoked paprika**
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] 2 tbsp **avocado oil**, for searing (the excess fat is poured off afterwards)
- [ ] 1 tbsp **butter**
- [ ] 3 cloves **garlic**, minced
- [ ] 113 g **cream cheese**, cut into 2–3 cm pieces
- [ ] 25 g grated **parmesan**
- [ ] **Lemon juice**: juice of 1 lemon
- [ ] 240 ml **chicken broth**
- [ ] 1 tsp **dried thyme**
- [ ] 150 g **frozen chopped spinach**

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

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C. Season both sides of the chicken thighs with smoked paprika, salt and pepper. 0:40
2. Heat the oil in a large ovenproof skillet over medium-high heat. Sear the thighs skin-side down until crisp, then 2–3 minutes on the other side. Lift them out and pour off the excess fat. 1:34
3. Lower the heat to medium and melt the butter. Add the garlic, cream cheese and parmesan, scraping up the browned bits, and stir until the cheeses have almost melted. 3:26
4. Stir in the chicken broth, lemon juice and thyme and simmer about 5 minutes to thicken slightly, then stir in the spinach. 5:05
5. Nestle the chicken back in, skin-side up, and bake about 20–25 minutes until the thickest piece reaches 74°C. Serve each thigh with spoonfuls of the sauce. 8:07

> **Tip** Serves 6. No large ovenproof pan? Sear in batches and bake everything in a baking dish. Serve with steamed broccoli or green beans for a full keto plate. Keeps 3 days in the fridge.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
364 kcal	**27** g	**4** g	**1.1** g	**27** g	**720** mg
1,520 kJ	55% of a day	2.9 g net · 1.2 g sugars 1% of a day	4% of a day	9.9 g saturated 34% of a day	31% of a day

Energy from net carbs 3% · protein 30% · fat 67% — fits keto: 2.9 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Vitamin K 105% · Selenium 46% · Vitamin A 31% · Vitamin B6 24% · Zinc 22%

Source of (10–19%) Vitamin B12 17% · Folate 15% · Omega-3 15% · Iron 13% · Magnesium 12% · Vitamin C 12% · Vitamin E 11% · Potassium 10%

Recipe and video: Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=qir-iT5yWfg, published 1 May 2019. 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/keto-creamy-lemon-chicken-thighs