

Crispy Chicken Drumsticks

Hands-on 5 minutes Overall 35-45 minutes



Nutritional values (per serving, 2 drumsticks): Total carbs: 1.3 g, Fiber: 0.5 g,

Net carbs: 0.8 g, Protein: 23.1 g, Fat: 23.3 g, Calories: 312 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 5 servings)

10 chicken drumsticks (~ 1.2 kg/ 2.6 lbs), weight includes bones, will yield about 50% meat

1/4 cup [ghee](#) or butter, you can [make your own ghee](#) (56/ 2 oz)

1 tbsp paprika

2 tsp [gluten-free baking powder](#) or use a mixture of 1/2 tsp [baking soda](#) + 1 tsp [cream of tartar](#)

1 tsp salt (I like [pink Himalayan salt](#))

Optionally: Serve with [Easy Keto Ranch Dressing](#)

When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 200 °C/ 400 °F. Start by pat drying the chicken drumsticks with a paper towel.
2. Using your fingers, rub the ghee or butter under the skin. To do this, simply pull up the skin of the chicken and massage the fat into the flesh. Spread any remaining ghee on top of the skin.
3. Mix the spices for the rub: paprika, baking powder and salt. Cover the drumsticks in the rub and place on a baking sheet lined with parchment paper. For even better results, place the drumsticks on a rack.
4. Place in the oven and bake for 30-40 minutes until the skin is crispy and the meat is cooked through. Enjoy!

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