

Low-Carb Buffalo Ranch Chicken Sheet Pan Dinner

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per serving): Total carbs: 9.1 g, Fiber: 2.5 g, **Net carbs: 6.6 g,**

Protein: 28.7 g, Fat: 19.7 g, Calories: 330 kcal,

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



Ingredients (makes 4 servings)

- 2 large chicken breasts (450 g/ 1 lb)
- 4 small turnips (240 g/ 8.5 oz)
- 1 medium red bell pepper (120 g/ 4.2 oz)
- 1/4 cup avocado oil *or* [extra virgin olive oil](#) (60 ml/ 2 fl oz)
- 2 tbsp buffalo sauce (30 ml) - *you can use our [homemade Fermented Sriracha](#)*
- 1 tbsp dried parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried dill
- 1 tsp dried chives
- 1/2 tsp cracked black pepper
- 1/2 tsp Himalayan pink salt

Toppings:

- 1/4 cup crumbled blue cheese (34 g/ 1.2 oz)
- 3 minced green onions, sliced (45 g/ 1.6 oz)
- Optional:* ranch dressing (you can [make your own Ranch Dressing](#) and more buffalo sauce)

Instructions

1. Preheat the oven to 220 °C/ 425 °F (conventional), or 200 °C/ 400 °F (fan assisted). Place the chicken, turnips, and red bell pepper on a sheet pan and drizzle with the oil.
2. Sprinkle the spices over the tray then drizzle the buffalo sauce over the top. Transfer to oven and cook 30-35 minutes until the veggies are browned and the chicken is cooked through.
3. Top with blue cheese, green onions, ranch (if desired), and extra buffalo sauce.
4. Store refrigerated up to 3 days.

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