

# Keto Barbecue Chicken in the Oven

## Ingredients:

- 6 chicken drumsticks, thighs, or 2 chicken breasts
- Paprika
- Garlic powder
- Salt & Pepper
- Oil
- Keto BBQ Sauce

## Instructions:

### 1. Prepare the Chicken:

- Rinse and pat dry the chicken pieces.
- Sprinkle salt, pepper, paprika, and garlic powder on one side of the chicken.
- Drizzle a small amount of oil on the chicken and rub it in with the spices.
- Wash your hands, flip the chicken, and repeat the seasoning process on the other side.
- Allow the seasoned chicken to sit at room temperature for about 20 minutes.

### 2. Cook the Chicken:

- Preheat your oven to 400°F (200°C).
- Lightly spray a rack inside a roasting pan with cooking spray.
- Place the chicken on the rack and position the pan in the oven.
- Cook the chicken for 30 minutes.

### 3. Apply the BBQ Sauce:

- Remove the pan from the oven and reduce the heat to 350°F (175°C).
- Generously slather the chicken with your keto BBQ sauce on one side, flip it, and coat the other side.
- Return the pan to the oven and cook for 10 minutes.
- Remove the pan, repeat the sauce application on both sides, and cook for another 10 minutes.
- For a final time, slather the chicken with the sauce on both sides, being generous. Return to the oven and cook for an additional 5 minutes or longer if needed. Every oven is different, so the total cooking time may vary, potentially taking up to 60 minutes.

**Nutritional Information (per 1/4 cup of Keto BBQ Sauce):**

- **Calories:** 32.138 kcal
- **Fat, Total:** 0.116 g
- **Saturated Fat:** 0.017 g
- **Sugar, Total:** 0.935 g
- **Total Carbohydrate:** 4.455 g
- **Fiber:** 0.607 g
- **Protein:** 0.683 g
- **Cholesterol:** 0.000 mg
- **Trans Fatty Acid:** 0.000 g
- **Sodium:** 261.338 mg

**Enjoy your flavorful keto barbecue chicken!**