AMERICAN · LUNCH · DINNER

Juicy Baked Chicken Breasts

40 min · Serves 4 · 281 kcal a serve · Video 5:39 · Downshiftology

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

47 g protein and under 1 g carbs a serve: chicken breasts baked hot and fast under a paprika, garlic and thyme rub with 1 tbsp oil. No breading, sugar or dairy. Very rich in selenium and vitamin B6.

Diet notes: Low carb (0.4 g net carbs) but not keto: 28% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2 g, 6% of the energy).

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Ingredients 7 · SERVES 4

- [ ] 4 **boneless**, skinless chicken breasts (170–230 g each)
- [ ] **Olive oil**: 1 tbsp olive oil or avocado oil
- [ ] 1 tsp **kosher salt**
- [ ] 1 tsp **paprika**
- [ ] ½ tsp **garlic powder**
- [ ] ½ tsp **dried thyme** (or oregano)
- [ ] ¼ tsp **freshly ground 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 15 minutes before cooking so it cooks evenly. If one end is much thicker, pound it gently between two sheets of plastic wrap. 0:31
2. Mix the salt, paprika, garlic powder, thyme and black pepper in a small bowl. 1:33
3. Rub the chicken on both sides with about 1 tbsp oil, then sprinkle over the seasoning and rub it in all over. 2:00
4. Heat the oven to 220°C and lay the breasts in a baking dish with a little space between them. 2:41
5. Bake 18–25 minutes depending on size, turning the breasts over halfway so both sides sit in the pan juices. 3:09
6. Check with an instant-read thermometer: take them out at 71°C and rest 5 minutes, when they reach 74°C. Turn them in the juices once more and slice. 3:45

> **Tip** Choose breasts of a similar size: a small one baked next to a large one will be dry by the time the big one is done.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
281 kcal	47 g	0.8 g	0.3 g	8.9 g	690 mg
1,180 kJ	93% of a day	0.4 g net · 0.1 g sugars	1% of a day	2 g saturated	30% of a day
		0% of a day		11% of a day	

Energy from net carbs 1% · protein 69% · fat 30% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 76% · Vitamin B6 54% · Vitamin B12 21%

Source of (10–19%) Zinc 14% · Magnesium 11% · Iron 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=1TlVgW-pM5g. 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-baked-chicken-breasts