

Low Carb Kentucky Bourbon Barbeque Chicken

SOURCE: lowcarbluxury.com

Ingredients:

- 8 pcs. chicken (breasts, thighs, legs or your favorites)
- 1/4 C butter
- 1/4 C Kentucky Bourbon whiskey
- 1/4 C unsweetened tomato sauce
- 2 tsp Brown Sugar Twin
- 2 pkts Splenda
- 1 tsp salt
- 1/2 tsp dry mustard
- 1/2 tsp ground black pepper
- 1/2 tsp ground red pepper
- 1/2 tsp onion powder or sprinkling of finely diced onion

Preheat oven to 325° F - melt butter in skillet - brown chicken on all sides - transfer chicken to baking dish - add other ingredients to pan/skillet, stirring to loosen browned particles that cling to bottom - warm completely - then pour over chicken in baking dish (distribute sauce as evenly as possible) - cover and bake chicken 45 minutes at 325° F - uncover, baste and cook uncovered an additional 15 minutes.

Serves 4

About 3 carbs/ chicken piece