

Low-Carb German Chicken

A delicious and healthy German Chicken dish prepared with low-carb ingredients. Perfect for a weeknight dinner!



Main Dish

German

40 min

Total time

Easy

Difficulty

319

kcal / serving

Nutrition per serving (estimated)

Protein 44 g

Carbs 2 g

Fat 14 g

Fiber 0 g · Sugar 0 g · Sodium 520 mg

Ingredients

- 1 chicken breast
- 1 teaspoon olive oil
- 2 tablespoons low-sodium chicken broth
- 2 tablespoons chopped parsley
- 2 tablespoons grated parmesan cheese
- Salt and pepper to taste

Substitutions

olive oil – An equal amount of melted butter

chicken broth – An equal amount of vegetable broth

parsley – An equal amount of chopped fresh chives

parmesan cheese – An equal amount of finely grated Pecorino Romano

Steps

- 1 Preheat oven to 350 degrees.
- 2 Rub chicken in olive oil and season with salt and pepper.
- 3 Place chicken in an oven-safe dish and pour chicken broth over it.
- 4 Bake for 30 minutes or until chicken is cooked through.
- 5 Top with parsley and cheese and bake for an additional 5 minutes.
- 6 Enjoy!

Chef's tips

- Choose a chicken breast of even thickness so the thinner end is less likely to dry out.
- The chicken is done when the center is opaque and the juices run clear; avoid relying on the clock alone.
- Let the chicken rest briefly before serving so its juices settle, and use a shallow oven-safe dish for more even cooking.

Drink pairing

A dry German Riesling

Its crisp acidity and light fruit complement the savory chicken, parsley, and Parmesan without overwhelming them.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot.

Frequently asked questions

How can I tell when the chicken is cooked through?

Check the thickest part: it should be opaque throughout, with clear juices and no translucent or raw-looking center.

Can I prepare this ahead?

You can chop the parsley and grate the cheese ahead. For the best texture, bake the chicken close to serving time.

What can I serve with this chicken?

Try it with roasted vegetables or a crisp green salad; spoon some of the broth from the baking dish over the chicken.