



Braised Chicken Thighs With Lemon And Carrots



Gluten Free



Dairy Free

READY IN



51 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds carrots diagonally sliced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 1 medium onion halved sliced

- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 1.5 pounds skinned
- ☐ 0.5 cup water

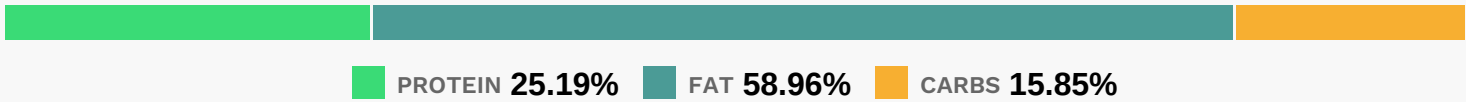
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine parsley and lemon rind in a small bowl; set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add chicken thighs and cook 6 minutes on each side or until lightly browned.
- ☐ Remove thighs; set aside.
- ☐ Add carrot and onion; cook, stirring constantly, 8 minutes or until tender.
- ☐ Add cumin and remaining 4 ingredients. Return chicken thighs to skillet. Cover, reduce heat, and simmer 15 minutes or until chicken is done. Uncover and increase heat to high. Cook 2 minutes or until liquid thickens. Stir in parsley and lemon rind just before serving.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:20.850869624511%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 3.97mg,

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Nutrients (% of daily need)

Calories: 312.17kcal (15.61%), Fat: 20.56g (31.63%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 9.11g (3.31%), Sugar: 5.61g (6.23%), Cholesterol: 111.13mg (37.04%), Sodium: 448.49mg (19.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.76g (39.53%), Vitamin A: 16302.72IU (326.05%), Vitamin K: 97.89µg (93.22%), Vitamin B3: 6.31mg (31.56%), Selenium: 21.44µg (30.62%), Vitamin B6: 0.55mg (27.7%), Vitamin C: 18.83mg (22.83%), Phosphorus: 223.19mg (22.32%), Potassium: 608.54mg (17.39%), Vitamin B5: 1.47mg (14.7%), Fiber: 3.32g (13.26%), Vitamin B2: 0.22mg (12.82%), Vitamin B12: 0.73µg (12.1%), Zinc: 1.76mg (11.71%), Vitamin B1: 0.16mg (10.95%), Manganese: 0.21mg (10.43%), Magnesium: 39.55mg (9.89%), Iron: 1.65mg (9.15%), Folate: 34.65µg (8.66%), Vitamin E: 1.12mg (7.5%), Copper: 0.12mg (6.24%), Calcium: 57.58mg (5.76%)