



Cashew Romesco Chicken Thighs

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



333 kcal

SAUCE

Ingredients

- 6 chicken thighs (3 lbs. total)
- 0.5 teaspoon hot sauce such as tabasco
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon
- 0.5 cup olive oil divided
- 0.3 cup roasted cashews unsalted
- 16 oz roasted bell peppers red rinsed drained roughly chopped
- 3 tablespoons balsamic vinegar white

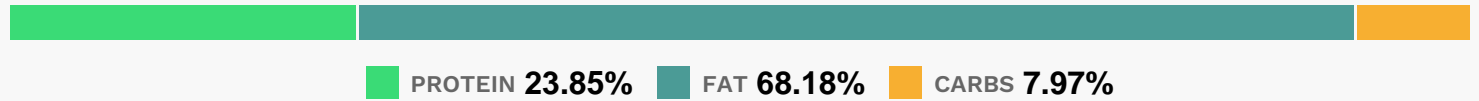
Equipment

- bowl
- blender
- grill

Directions

- Heat a grill to medium (350 to 450). Whirl peppers, cashews, vinegar, lemon juice, hot sauce, and salt in a blender. With motor running, add 1/3 cup oil in a steady stream through opening in lid until sauce is smooth and lighter in color. Set aside half the sauce.
- Put chicken in a bowl and drizzle with remaining oil.
- Lay chicken skin side down on cooking grate and brush with some of remaining romesco sauce. Grill, turning often and brushing each time with more sauce, until chicken is well browned and cooked through, about 20 minutes.
- Serve over couscous with reserved sauce on the side.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:13.109130424002%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 333.29kcal (16.66%), Fat: 25.25g (38.85%), Saturated Fat: 6.11g (38.22%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 5.55g (2.02%), Sugar: 1.55g (1.72%), Cholesterol: 110.74mg (36.91%), Sodium: 1327.41mg (57.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.76%), Vitamin C: 36.37mg (44.09%), Selenium: 22.03µg (31.47%), Vitamin B3: 5.75mg (28.73%), Vitamin B6: 0.54mg (26.92%), Phosphorus: 223.39mg (22.34%), Copper: 0.29mg (14.27%), Zinc: 1.88mg (12.51%), Vitamin B5: 1.25mg (12.5%), Vitamin B12: 0.72µg (12.05%),

Magnesium: 45.76mg (11.44%), Potassium: 386.37mg (11.04%), Vitamin B2: 0.18mg (10.82%), Iron: 1.79mg (9.93%),
Manganese: 0.2mg (9.88%), Vitamin A: 481.94IU (9.64%), Vitamin B1: 0.11mg (7.64%), Vitamin K: 6.53µg (6.22%),
Vitamin E: 0.81mg (5.42%), Folate: 19.94µg (4.99%), Calcium: 45.1mg (4.51%), Fiber: 1.09g (4.35%)