



Chicken Legs with Achiote Garlic Sauce



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon achiote seeds (annatto)
- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 6 large collard greens with leaves trimmed
- ☐ 0.5 teaspoon cumin seeds
- ☐ 4 garlic clove
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 tablespoon olive oil
- ☐ 0.3 cup orange juice fresh

- ☐ 0.5 teaspoon oregano dried (preferably Mexican)
- ☐ 2 cups rice white cooked
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon allspice whole
- ☐ 4 small .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole separated ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

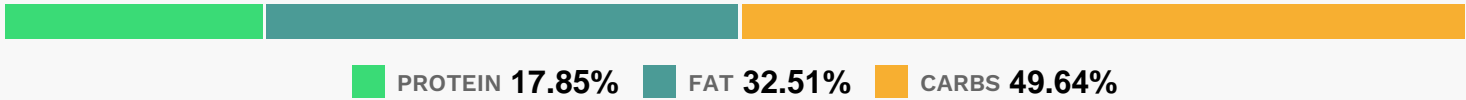
Directions

- ☐ Preheat oven to 350°F.
- ☐ Toast seeds, spices, and oregano together in a dry heavy skillet over moderate heat, stirring, until fragrant, 1 to 2 minutes. Cool slightly, then finely grind mixture in grinder.
- ☐ Mince garlic and mash to a paste with salt using a large heavy knife, then transfer to a large bowl and whisk in ground spices, juices, and oil.
- ☐ Remove skin and all visible fat from chicken, then add chicken to juice mixture and turn to coat.
- ☐ Lay foil loosely on top of a 13- by 9-inch baking dish and arrange collard leaves, overlapping, to create a 14-inch round in center of foil. Press foil and leaves loosely into dish to form a well, then mound chicken with sauce in well and fold collards over chicken to enclose. Wrap collard package snugly in foil, crimping edges to seal completely.
- ☐ Transfer foil package from baking dish directly to rack in middle of oven and bake until chicken is cooked through, 1 to 1 1/4 hours.

- ☐
- Transfer foil package to a serving dish, then open foil. (If desired, carefully pull out foil from under collard package.) Open collards and serve chicken with rice and pickled onions.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:50.05, Glycemic Load:45.68, Inflammation Score:-7, Nutrition Score:21.920435133188%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 651.9kcal (32.59%), Fat: 23.16g (35.63%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 79.55g (26.52%), Net Carbohydrates: 77.32g (28.12%), Sugar: 1.79g (1.98%), Cholesterol: 119.8mg (39.93%), Sodium: 698.53mg (30.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.23%), Vitamin K: 71.83µg (68.41%), Manganese: 1.25mg (62.36%), Selenium: 37.85µg (54.08%), Vitamin B3: 7.83mg (39.14%), Phosphorus: 321.54mg (32.15%), Vitamin B6: 0.64mg (32.02%), Vitamin B5: 2.33mg (23.31%), Vitamin C: 18.92mg (22.94%), Zinc: 3.01mg (20.1%), Vitamin A: 920.79IU (18.42%), Copper: 0.31mg (15.47%), Vitamin B2: 0.26mg (15.27%), Magnesium: 57.81mg (14.45%), Potassium: 475.18mg (13.58%), Vitamin B1: 0.19mg (12.88%), Vitamin B12: 0.72µg (12.02%), Iron: 2.12mg (11.76%), Folate: 38.93µg (9.73%), Calcium: 91.5mg (9.15%), Fiber: 2.23g (8.9%), Vitamin E: 1.07mg (7.17%)