



## Chicken Thighs with Garlic and Lime

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

READY IN



45 min.

SERVINGS



2

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black
- 24 ounce strips.
- 3 tablespoons fat-skimmed beef broth fat-free
- 2 teaspoons cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 1.5 teaspoons ground cumin
- 2 tablespoons juice of lime fresh divided
- 2 lime wedges

- 0.5 teaspoon oregano dried
- 0.3 teaspoon salt
- 1 tablespoon vinegar white

## Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil

## Directions

- Preheat oven to 350
- Combine first 5 ingredients in a small bowl; stir in 1 tablespoon juice. Rub garlic mixture over chicken.
- Place chicken in a medium skillet.
- Combine 1 tablespoon juice, chicken broth, and vinegar; pour over the chicken.
- Place over medium-high heat; bring to a boil.
- Remove from heat. Wrap handle of pan with foil. Cover and bake at 350 for 30 minutes or until a meat thermometer registers 180
- Remove chicken from pan; keep warm.
- Place pan over medium-high heat. Bring to a boil, and cook until reduced to 1/4 cup (about 3 minutes). Spoon over chicken.
- Sprinkle with cilantro, and serve with lime wedges.

## Nutrition Facts

  
**PROTEIN 29.43%** **FAT 67.19%** **CARBS 3.38%**

## Properties

Glycemic Index:93, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:25.138261007226%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 9.09mg, Hesperetin: 9.09mg, Hesperetin: 9.09mg, Hesperetin: 9.09mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 769.75kcal (38.49%), Fat: 56.97g (87.65%), Saturated Fat: 15.28g (95.47%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 5.4g (1.96%), Sugar: 0.69g (0.77%), Cholesterol: 333.39mg (111.13%), Sodium: 647.57mg (28.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.14g (112.28%), Selenium: 64.91µg (92.73%), Vitamin B3: 16.1mg (80.51%), Vitamin B6: 1.25mg (62.26%), Phosphorus: 560.2mg (56.02%), Vitamin B12: 2.22µg (37.03%), Vitamin B5: 3.57mg (35.71%), Zinc: 4.42mg (29.49%), Vitamin B2: 0.47mg (27.76%), Potassium: 791.52mg (22.61%), Iron: 3.7mg (20.54%), Magnesium: 75.31mg (18.83%), Vitamin B1: 0.28mg (18.73%), Vitamin C: 11.14mg (13.5%), Manganese: 0.22mg (11.22%), Copper: 0.22mg (11.21%), Vitamin K: 11.11µg (10.58%), Calcium: 66.61mg (6.66%), Vitamin A: 317.2IU (6.34%), Vitamin E: 0.94mg (6.24%), Fiber: 1.05g (4.21%), Folate: 14.91µg (3.73%), Vitamin D: 0.34µg (2.27%)