



Chicken Thighs with Roasted Apples and Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 pounds braeburn apple peeled chopped
- ☐ 2 pounds chicken thighs
- ☐ 1 teaspoon fresh sage fresh chopped
- ☐ 4 garlic cloves chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg

☐ 0.5 teaspoon salt divided

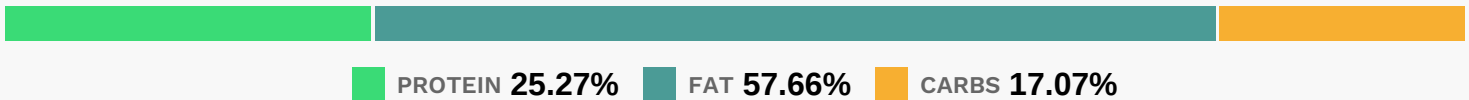
Equipment

- ☐ frying pan
- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat oven to 47
- ☐ Combine first 5 ingredients.
- ☐ Add 1/4 teaspoon salt; toss well to coat.
- ☐ Spread apple mixture on a jelly roll pan coated with cooking spray.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and pepper, and arrange on top of the apple mixture.
- ☐ Bake at 475 for 25 minutes or until chicken is done and apple is tender.
- ☐ Remove chicken from pan; keep warm.
- ☐ Partially mash apple mixture with a potato masher, and serve with chicken.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:6.51, Inflammation Score:0, Nutrition Score:21.467826086542%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol:

0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 591.28kcal (29.56%), Fat: 38.03g (58.51%), Saturated Fat: 10.24g (63.99%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 21.04g (7.65%), Sugar: 17.74g (19.71%), Cholesterol: 222.26mg (74.09%), Sodium: 467.6mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.51g (75.01%), Copper: 1.69mg (84.46%), Selenium: 42.85µg (61.21%), Vitamin B3: 10.71mg (53.56%), Vitamin B6: 0.89mg (44.28%), Phosphorus: 382.23mg (38.22%), Vitamin B5: 2.43mg (24.28%), Vitamin B12: 1.45µg (24.19%), Vitamin B2: 0.35mg (20.46%), Zinc: 2.95mg (19.69%), Potassium: 663.58mg (18.96%), Fiber: 4.29g (17.17%), Vitamin B1: 0.2mg (13.64%), Magnesium: 53.61mg (13.4%), Manganese: 0.24mg (11.8%), Vitamin C: 8.77mg (10.63%), Iron: 1.86mg (10.32%), Vitamin K: 8.8µg (8.38%), Vitamin A: 270.14IU (5.4%), Vitamin E: 0.79mg (5.26%), Calcium: 39.16mg (3.92%), Folate: 12.07µg (3.02%), Vitamin D: 0.23µg (1.51%)