



Chicken with Mango Chutney Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs bone in , skin on trimmed
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings salt and pepper
- ☐ 2 but mangos firm ripe cubed peeled
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 medium onion chopped ()
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon candied ginger fresh chopped (or ginger)

- ☐ 2 tablespoons raisins chopped
- ☐ 0.5 teaspoon mustard seeds
- ☐ 1 pinch pepper flakes red
- ☐ 4 tablespoons sugar
- ☐ 3 tablespoons vinegar white
- ☐ 0.5 cup water
- ☐ 4 servings salt to taste

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ broiler

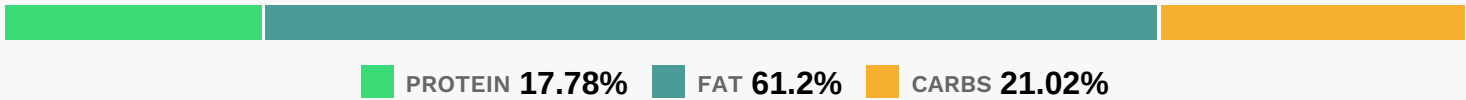
Directions

- ☐ Heat 1 tablespoon olive oil in a large sauté pan on medium heat.
- ☐ Add the onions and cook until soft, about 5 minutes.
- ☐ Add the garlic and cook a minute more.
- ☐ Add the chopped mango, ginger, raisins, mustard seeds, red pepper flakes, vinegar, water, and sugar.
- ☐ Bring to a simmer, reduce heat to low, cover the pan, and let cook gently for 30 minutes.
- ☐ Roast the chicken thighs: While the chutney is cooking, cook the chicken. Preheat oven to 400°F with rack in the middle position. Coat the bottom of a roasting pan with olive oil.
- ☐ Rinse the chicken thighs in water, pat dry. Rub some olive oil all over the chicken pieces, sprinkle with salt and pepper.
- ☐ Place chicken pieces in roasting pan. Cook in oven until the juices run clear when poked with a sharp knife, or when the internal temperature of the thighs is 170°F, about 25 minutes.
- ☐ If the chicken pieces are not browned enough for you, you can finish them in the broiler for the last 5 minutes of cooking. If your chicken pieces are extra large, after 25 minutes, lower

the heat to 350°F and cook until the chicken pieces are cooked through.

- ☐ Mix mango chutney with chicken drippings (minus fat):
- ☐ Remove chicken pieces from roasting pan.
- ☐ Pour off rendered chicken fat, save for a teaspoon or so. (Do not pour down the drain or it will solidify and block your drain).
- ☐ Put mango sauce into the roasting pan with remaining chicken drippings.
- ☐ Spread the sauce over the whole bottom of the pan.
- ☐ Let sit for a few minutes to soften the drippings, then scoop up and place into a serving dish.
- ☐ Adjust seasonings. If too acidic, add more sugar.
- ☐ Add salt to taste.
- ☐ Serve chicken with mango chutney sauce and steamed rice or Spanish rice.

Nutrition Facts



Properties

Glycemic Index:71.91, Glycemic Load:19.35, Inflammation Score:-8, Nutrition Score:21.083043492359%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 731.66kcal (36.58%), Fat: 50.16g (77.17%), Saturated Fat: 11.18g (69.85%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 36.05g (13.11%), Sugar: 29.25g (32.51%), Cholesterol: 188.92mg (62.97%), Sodium: 543.41mg (23.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.8g (65.59%), Selenium: 37.88µg (54.11%), Vitamin C: 40.37mg (48.94%), Vitamin B3: 9.79mg (48.93%), Vitamin B6: 0.84mg (42.14%), Phosphorus: 337.48mg (33.75%), Vitamin E: 3.89mg (25.94%), Vitamin A: 1278.38IU (25.57%), Vitamin B5: 2.21mg (22.07%), Vitamin B12: 1.23µg (20.56%), Potassium: 678.09mg (19.37%), Vitamin B2: 0.32mg (18.78%), Vitamin K: 19.1µg (18.19%), Zinc:

2.6mg (17.35%), Folate: 56.38µg (14.09%), Magnesium: 54.02mg (13.5%), Vitamin B1: 0.2mg (13.15%), Copper: 0.26mg (12.9%), Fiber: 2.7g (10.81%), Iron: 1.87mg (10.4%), Manganese: 0.18mg (9.09%), Calcium: 39.81mg (3.98%), Vitamin D: 0.19µg (1.29%)