



Chicken with Olives and Lemon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground pepper red

- ☐ 1 teaspoon ground turmeric
- ☐ 0.3 cup juice of lemon fresh
- ☐ 8 lemon wedges
- ☐ 2 teaspoons paprika
- ☐ 24 pimiento-stuffed olives coarsely chopped
- ☐ 0.3 teaspoon salt

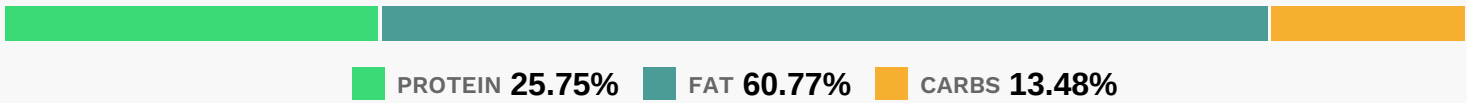
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 8 ingredients in a large bowl, stirring well.
- ☐ Add chicken; toss to coat. Arrange chicken in a single layer in a 13 x 9-inch baking dish coated with cooking spray. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, juice, and broth, stirring with a whisk until smooth.
- ☐ Sprinkle flour mixture over chicken, tossing to coat. Top chicken with olives and lemon.
- ☐ Bake at 325 for 1 hour or until thermometer registers 180.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:9.62, Inflammation Score:-10, Nutrition Score:24.369565186293%

Flavonoids

Eriodictyol: 8.43mg, Eriodictyol: 8.43mg, Eriodictyol: 8.43mg, Eriodictyol: 8.43mg Hesperetin: 12.25mg, Hesperetin: 12.25mg, Hesperetin: 12.25mg, Hesperetin: 12.25mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 624.67kcal (31.23%), Fat: 42.46g (65.32%), Saturated Fat: 10.78g (67.37%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 17.99g (6.54%), Sugar: 1.88g (2.09%), Cholesterol: 222.26mg (74.09%), Sodium: 1120.98mg (48.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.48g (80.97%), Selenium: 51.27µg (73.25%), Vitamin B3: 12.46mg (62.32%), Vitamin B6: 0.93mg (46.75%), Phosphorus: 414.28mg (41.43%), Vitamin C: 27.1mg (32.85%), Vitamin B12: 1.66µg (27.62%), Vitamin B5: 2.65mg (26.47%), Vitamin B2: 0.44mg (25.86%), Manganese: 0.51mg (25.37%), Iron: 4.37mg (24.3%), Vitamin B1: 0.34mg (22.9%), Vitamin A: 1135.08IU (22.7%), Zinc: 3.22mg (21.44%), Potassium: 689.34mg (19.7%), Magnesium: 65.33mg (16.33%), Vitamin E: 2.03mg (13.57%), Fiber: 3.21g (12.82%), Copper: 0.24mg (12.16%), Vitamin K: 12.75µg (12.15%), Folate: 46.92µg (11.73%), Calcium: 72.69mg (7.27%), Vitamin D: 0.23µg (1.51%)