



Chipotle Chicken Thighs with Chunky Guacamole

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

READY IN



70 min.

SERVINGS



4

CALORIES



504 kcal

SIDE DISH

Ingredients

- 2 slightly under-ripe avocados
- 8 pieces chicken thighs bone-in
- 15 ounce canned tomatoes crushed canned
- 1 large carrots peeled chopped
- 1 cup chicken stock see
- 1 chipotle pepper in adobo seeded finely chopped plus a tablespoon adobo sauce
- 0.3 cup flat-leaf parsley coarsely chopped

- 2 tablespoons thyme leaves fresh chopped
- 2 cloves garlic chopped
- 2 juice of lemon ripe juiced
- 2 tablespoons olive oil extra-virgin
- 1 onion chopped
- 1 small chile pepper green red seeded very thinly sliced
- 0.5 small onion red thinly sliced chopped
- 4 servings salt
- 4 servings salt and pepper black freshly ground
- 0.3 pound chorizo spanish crumbled chunk chopped
- 4 servings paprika smoked sweet
- 1 vine-ripe tomato seeded coarsely chopped
- 4 servings tortillas for mopping

Equipment

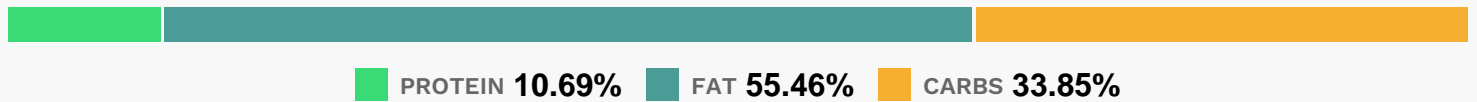
- bowl
- frying pan
- pot
- dutch oven

Directions

- Season chicken with paprika and salt and pepper, to taste.
- Heat the extra-virgin olive oil, a couple of turns of the pan, in a Dutch oven or large high-sided skillet with a lid.
- Add the chicken and brown on all sides.
- Remove the chicken to a plate and spoon off the excess fat.
- Add the chorizo and brown a couple of minutes, then remove it to a plate. Stir in the carrots, onions, garlic, thyme and chipotle, and cover the pot. Reduce heat a bit, and cook for 7 to 8 minutes, stirring occasionally.

- Add the tomatoes and bring to a bubble, then add the chicken and the chorizo back to the pot and simmer for 7 to 8 minutes more to cook through. Cool completely and store in the refrigerator for a make-ahead meal.
- To reheat, add 1 cup of stock to the chicken in a Dutch oven and cover with a lid. Cook over medium heat, until the sauce bubbles, then gently stir and simmer uncovered for 10 minutes.
- Heat the tortillas or bread and set aside.
- Halve and gently dice the avocados into large chunks.
- Add them to a small bowl and douse with the lime juice. Season with salt, to taste, and lightly mash.
- Arrange the chicken in shallow bowls topped with sauce and a mound of avocado, tomatoes, parsley and onions.
- Serve with tortillas or bread, for mopping.

Nutrition Facts



Properties

Glycemic Index:108.21, Glycemic Load:9.71, Inflammation Score:-10, Nutrition Score:30.696521912985%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 503.92kcal (25.2%), Fat: 32.51g (50.02%), Saturated Fat: 6.92g (43.26%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 31.45g (11.44%), Sugar: 11.97g (13.3%), Cholesterol: 21.48mg (7.16%), Sodium: 706.35mg (30.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.21%), Vitamin K: 100.74µg (95.94%), Vitamin A: 4720.45IU (94.41%), Vitamin C: 46.5mg (56.36%), Fiber: 13.19g (52.75%), Folate: 153.18µg

(38.3%), Manganese: 0.72mg (36.1%), Vitamin E: 5.08mg (33.84%), Potassium: 1182.01mg (33.77%), Vitamin B6: 0.64mg (32.03%), Vitamin B3: 6.06mg (30.3%), Iron: 5.17mg (28.7%), Copper: 0.53mg (26.65%), Vitamin B1: 0.38mg (25.17%), Vitamin B2: 0.39mg (22.83%), Phosphorus: 205.76mg (20.58%), Magnesium: 80.16mg (20.04%), Vitamin B5: 1.97mg (19.73%), Selenium: 9.95µg (14.21%), Calcium: 138.36mg (13.84%), Zinc: 1.54mg (10.25%)