



Chipotle-Orange Thighs

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chiles in adobo sauce
- ☐ 1 teaspoon chipotle chile in adobo sauce minced
- ☐ 1 tablespoon cider vinegar
- ☐ 2 tablespoons diagonally cut green onions
- ☐ 0.5 cup orange marmalade
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 ounce chicken thighs boneless skinless

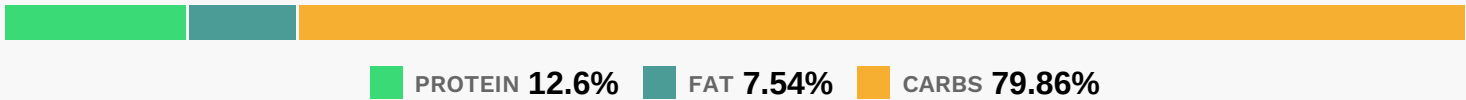
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

Directions

- ☐ Combine orange marmalade, cider vinegar, minced chipotle chile, and adobo sauce in a saucepan; bring to a boil. Reduce heat, and simmer 10 minutes or until syrupy.
- ☐ Place a grill pan over medium-high heat; coat pan with cooking spray.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Add chicken to pan; cook 5 minutes on each side or until done.
- ☐ Brush cooked chicken with chipotle sauce.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.7652173819749%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 129.98kcal (6.5%), Fat: 1.14g (1.76%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 26.76g (9.73%), Sugar: 24.19g (26.88%), Cholesterol: 20.2mg (6.73%), Sodium: 547.11mg (23.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Selenium: 5.11µg (7.3%), Vitamin K: 7.13µg (6.79%), Vitamin B3: 1.23mg (6.16%), Vitamin B6: 0.1mg (5.22%), Phosphorus: 43.44mg (4.34%), Vitamin C: 2.56mg (3.1%), Vitamin B2: 0.05mg (2.98%), Copper: 0.05mg (2.65%), Vitamin B5: 0.27mg (2.65%), Zinc: 0.36mg (2.38%), Potassium: 81.97mg (2.34%), Vitamin B12: 0.14µg (2.27%), Calcium: 21.81mg (2.18%), Fiber: 0.53g (2.12%), Manganese: 0.04mg (2.11%), Iron: 0.37mg (2.04%), Magnesium: 6.99mg (1.75%), Folate: 6.5µg (1.63%), Vitamin B1: 0.02mg (1.56%), Vitamin A: 63.3IU (1.27%)