



Citrus-Marinated Chicken Thighs



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 bunch cilantro leaves
- ☐ 2 garlic clove chopped
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime zest finely grated
- ☐ 0.3 cup soy sauce reduced-sodium
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange zest finely grated

- ☐ 1 bunch spring onion thinly sliced
- ☐ 2 pounds chicken thighs bone-in
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Set aside 1/4 cup sliced scallions. Pulse cilantro, garlic, citrus zests, citrus juices, soy sauce, oil, salt, and remaining scallions in a food processor or blender until a coarse purée forms. Set aside 1/4 cup marinade; place remaining marinade in a large resealable plastic bag.
- ☐ Add chicken, seal bag, and turn to coat. Chill at least 20 minutes.
- ☐ Preheat broiler.
- ☐ Remove chicken from marinade and place, skin side down, on a foil-lined broilerproof baking sheet; discard marinade. Broil chicken until lightly browned, about 5 minutes. Turn; continue to broil until cooked through and an instant-read thermometer inserted into the thickest part of thigh registers 165°F, 12–15 minutes longer.
- ☐ Serve chicken with reserved marinade and scallions.
- ☐ DO AHEAD: Chicken can be marinated 2 hours ahead. Keep chilled.
- ☐ Per serving: 250 calories, 12 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 26.28%**  **FAT 69.43%**  **CARBS 4.29%**

Properties

Glycemic Index:44.5, Glycemic Load:1.07, Inflammation Score:-4, Nutrition Score:16.698695555977%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.42mg, Hesperetin: 3.42mg, Hesperetin: 3.42mg, Hesperetin: 3.42mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 507.15kcal (25.36%), Fat: 38.94g (59.9%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.92g (1.79%), Sugar: 1.81g (2.01%), Cholesterol: 188.92mg (62.97%), Sodium: 2468.46mg (107.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.32%), Selenium: 36.43µg (52.04%), Vitamin B3: 9.28mg (46.38%), Vitamin B6: 0.72mg (36.18%), Phosphorus: 340.99mg (34.1%), Vitamin K: 32.21µg (30.67%), Vitamin B5: 2.08mg (20.8%), Vitamin B12: 1.23µg (20.56%), Vitamin C: 14.98mg (18.16%), Vitamin B2: 0.31mg (18.13%), Zinc: 2.61mg (17.38%), Potassium: 529.7mg (15.13%), Magnesium: 52.56mg (13.14%), Vitamin B1: 0.17mg (11.63%), Iron: 1.71mg (9.48%), Vitamin E: 1.13mg (7.52%), Manganese: 0.15mg (7.34%), Copper: 0.13mg (6.54%), Vitamin A: 318.71IU (6.37%), Folate: 23.65µg (5.91%), Calcium: 33.78mg (3.38%), Fiber: 0.49g (1.94%), Vitamin D: 0.19µg (1.29%)