



Crispy Chicken Thighs with Golden Raisin Compote

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 chicken thighs bone-in
- ☐ 1 cup butternut squash peeled cut into 1/2-inch dice
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 pound golden raisins
- ☐ 0.5 apples i use 2 granny smith apples cored cut into 1/2-inch dice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 2 tablespoons honey
- ☐ 40 servings salt and pepper black freshly ground
- ☐ 1 large shallots minced
- ☐ 2 teaspoons thyme leaves chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

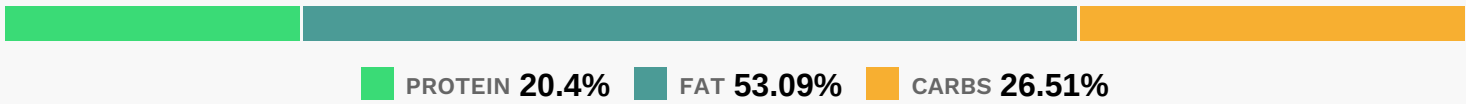
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ In a skillet, melt the butter.
- ☐ Add the squash, cover and cook over moderate heat until almost tender, 3 minutes.
- ☐ Add the shallot and cook for 1 minute.
- ☐ Add the apple, cinnamon and cayenne and cook for 1 minute.
- ☐ Add the raisins, wine, honey and thyme and cook until the wine is almost evaporated. Season with salt and pepper.
- ☐ In an ovenproof nonstick skillet, heat the oil. Season the chicken with salt and pepper and add to the skillet, skin side down. Cook over high heat until the skin is crisp, 5 minutes. Turn the chicken, transfer the skillet to the oven and roast for 6 minutes, until cooked through; serve with the compote.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:3.02, Inflammation Score:-4, Nutrition Score:3.0386956152709%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 97.72kcal (4.89%), Fat: 5.75g (8.85%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 6.04g (2.19%), Sugar: 4.61g (5.12%), Cholesterol: 29.83mg (9.94%), Sodium: 23.47mg (1.02%), Alcohol: 0.31g (100%), Alcohol %: 0.85% (100%), Protein: 4.97g (9.94%), Vitamin A: 423.87IU (8.48%), Selenium: 5.49µg (7.85%), Vitamin B3: 1.46mg (7.31%), Vitamin B6: 0.13mg (6.43%), Phosphorus: 55.02mg (5.5%), Potassium: 123.47mg (3.53%), Vitamin B5: 0.32mg (3.23%), Vitamin B12: 0.19µg (3.1%), Vitamin B2: 0.05mg (3.07%), Manganese: 0.05mg (2.65%), Zinc: 0.4mg (2.65%), Magnesium: 9.6mg (2.4%), Copper: 0.04mg (2.08%), Iron: 0.37mg (2.07%), Vitamin B1: 0.03mg (1.77%), Fiber: 0.42g (1.69%), Vitamin K: 1.76µg (1.68%), Vitamin C: 1.25mg (1.51%), Vitamin E: 0.17mg (1.14%)