



Crispy Chicken Thighs with Olives and Caperberries



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds coarsely chopped
- ☐ 1 cup caperberries with stems
- ☐ 0.3 cup cooking wine dry white
- ☐ 6 servings parsley fresh chopped
- ☐ 2 teaspoons kosher salt
- ☐ 1 optional: lemon
- ☐ 1 cup olives spanish pitted

- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon pepper freshly ground
- ☐ 3.5 lb skin-on bone-in (7 thighs)
- ☐ 2 teaspoons vegetable oil

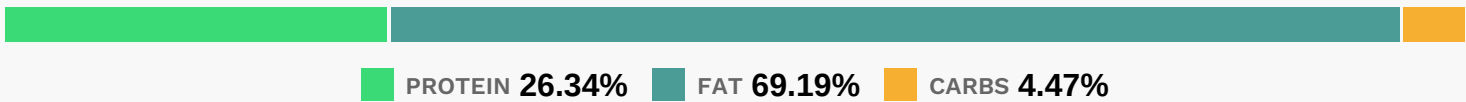
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle chicken with salt, pepper, and paprika.
- ☐ Heat oil in a 12-inch cast-iron skillet over high heat until oil just begins to smoke.
- ☐ Place chicken in skillet, skin sides down; reduce heat to medium-high, and cook 15 minutes.
- ☐ Transfer chicken to a plate; discard drippings.
- ☐ Cut lemon into 1/4-inch-thick rounds. Stir together olives, caperberries, almonds, and wine in skillet; add lemon slices.
- ☐ Place chicken, skin sides up, in skillet.
- ☐ Bake at 400 for 25 to 30 minutes.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:23.772173922995%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg

Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 38.4mg, Kaempferol: 38.4mg, Kaempferol: 38.4mg, Kaempferol: 38.4mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 50.57mg, Quercetin: 50.57mg, Quercetin: 50.57mg, Quercetin: 50.57mg

Nutrients (% of daily need)

Calories: 595.8kcal (29.79%), Fat: 45.64g (70.22%), Saturated Fat: 11.07g (69.2%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 3.43g (1.25%), Sugar: 1.1g (1.22%), Cholesterol: 220.41mg (73.47%), Sodium: 2110.3mg (91.75%), Alcohol: 1.03g (100%), Alcohol %: 0.41% (100%), Protein: 39.09g (78.18%), Vitamin K: 81.29µg (77.42%), Selenium: 42.97µg (61.38%), Vitamin B3: 11.01mg (55.03%), Vitamin B6: 0.82mg (41.04%), Phosphorus: 395.88mg (39.59%), Vitamin B2: 0.42mg (24.62%), Vitamin B12: 1.44µg (23.99%), Vitamin B5: 2.39mg (23.9%), Vitamin E: 3.34mg (22.29%), Zinc: 3.18mg (21.19%), Vitamin C: 16.12mg (19.53%), Magnesium: 76.25mg (19.06%), Potassium: 588.34mg (16.81%), Copper: 0.33mg (16.57%), Iron: 2.78mg (15.46%), Vitamin A: 728.99IU (14.58%), Vitamin B1: 0.2mg (13.38%), Manganese: 0.27mg (13.28%), Fiber: 3.2g (12.8%), Calcium: 70.83mg (7.08%), Folate: 25.05µg (6.26%), Vitamin D: 0.22µg (1.5%)