



Crispy Chicken Thighs with Poblanos and Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon pepper freshly ground
- ☐ 3 large poblano pepper seeded chopped
- ☐ 0.3 cup queso asadero crumbled
- ☐ 3.5 lb chicken thighs bone-in (7 thighs)

- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 large onion white chopped

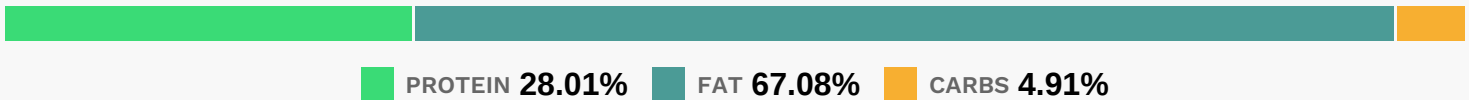
Equipment

- ☐ 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.
- ☐ Place poblano peppers and chopped onion in skillet.
- ☐ Place chicken, skin sides up, in skillet.
- ☐ Bake at 400 for 25 to 30 minutes.
- ☐ Remove from oven, and top with chopped fresh cilantro and crumbled queso blanco.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:22.245217509892%

Flavonoids

Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 555.87kcal (27.79%), Fat: 41.11g (63.25%), Saturated Fat: 11.65g (72.83%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.18g (3.54%), Cholesterol: 227.8mg (75.93%), Sodium: 1113.26mg (48.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.62g (77.25%), Vitamin C: 67.07mg (81.3%), Selenium: 42.15µg (60.22%), Vitamin B3: 10.88mg (54.4%), Vitamin B6: 0.98mg (48.78%), Phosphorus: 456.2mg (45.62%), Vitamin B12: 1.44µg (23.99%), Vitamin B5: 2.39mg (23.94%), Zinc: 3.12mg (20.78%), Vitamin B2: 0.35mg (20.62%), Potassium: 658.33mg (18.81%), Vitamin K: 16.35µg (15.57%), Vitamin B1: 0.22mg (14.69%), Vitamin A: 671.95IU (13.44%), Magnesium: 53.24mg (13.31%), Iron: 1.92mg (10.65%), Manganese: 0.2mg (10.11%), Copper: 0.18mg (9.07%), Fiber: 1.8g (7.19%), Calcium: 67.24mg (6.72%), Vitamin E: 0.97mg (6.46%), Folate: 17.87µg (4.47%), Vitamin D: 0.22µg (1.5%)