



Crispy Chicken Thighs with Potatoes and Rosemary



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds fingerling potatoes cut into 1/2-inch-thick pieces
- ☐ 0.3 teaspoon rosemary leaves fresh chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

- ☐ 3.5 lb chicken thighs bone-in (7 thighs)
- ☐ 2 teaspoons vegetable oil

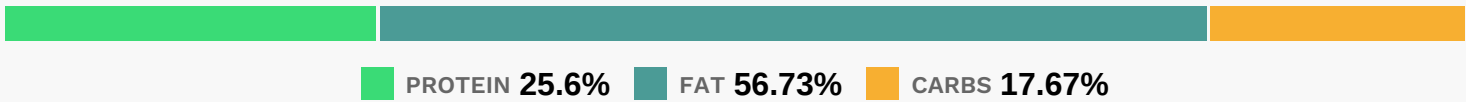
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle chicken with 2 tsp. 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 potatoes in a single layer in skillet, and sprinkle with 1 Tbsp. chopped fresh rosemary and 1/4 tsp. salt.
- ☐ Place chicken, skin sides up, in skillet, and sprinkle with 1/4 tsp. chopped fresh rosemary.
- ☐ Bake at 400 for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.79, Glycemic Load:19.38, Inflammation Score:-5, Nutrition Score:22.625652271768%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 623.98kcal (31.2%), Fat: 39.05g (60.07%), Saturated Fat: 10.36g (64.73%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 23.83g (8.67%), Sugar: 1.2g (1.33%), Cholesterol: 220.41mg (73.47%), Sodium: 1054.57mg (45.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.65g (79.3%), Vitamin B6: 1.22mg (61.16%),

Selenium: 42.54µg (60.77%), Vitamin B3: 12.06mg (60.31%), Phosphorus: 442.81mg (44.28%), Vitamin C: 29.86mg (36.2%), Potassium: 1108.26mg (31.66%), Vitamin B5: 2.74mg (27.44%), Vitamin B12: 1.44µg (23.99%), Zinc: 3.27mg (21.78%), Vitamin B2: 0.35mg (20.5%), Magnesium: 78.7mg (19.68%), Vitamin B1: 0.29mg (19.23%), Manganese: 0.32mg (15.9%), Iron: 2.78mg (15.47%), Copper: 0.29mg (14.27%), Fiber: 3.52g (14.07%), Vitamin K: 11.03µg (10.51%), Folate: 31.44µg (7.86%), Vitamin A: 272.23IU (5.44%), Vitamin E: 0.66mg (4.41%), Calcium: 39.6mg (3.96%), Vitamin D: 0.22µg (1.5%)