



Crispy-skin chicken thighs



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 plump chicken thighs
- ☐ 2 lemons
- ☐ 2 tbsp tarragon chopped
- ☐ 2 tbsp olive oil
- ☐ 750 g new potatoes
- ☐ 2 tsp paprika smoked sweet

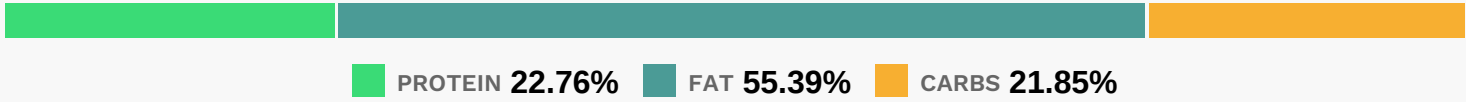
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200/gas
- ☐ Wipe the chicken thighs with kitchen paper. Finely grate the zest from 1 lemon and squeeze the juice from both.
- ☐ Mix in a shallow dish with the tarragon, 1 tbsp of the oil, and some salt and pepper. Slash the skin of each chicken thigh three times, then turn in the marinade. The chicken pieces can be cooked immediately or left in the fridge for up to a day.
- ☐ Cut the potatoes into wedges and spread over a roasting tin. Toss in the remaining oil and sprinkle with paprika. Set a rack on top and arrange the chicken pieces on the rack.
- ☐ Bake for 30–40 mins, until the chicken is well browned and the potatoes tender.
- ☐ Serve with a simple green salad.

Nutrition Facts



Properties

Glycemic Index:48.56, Glycemic Load:25.62, Inflammation Score:-7, Nutrition Score:29.385217366011%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 726.76kcal (36.34%), Fat: 45.17g (69.5%), Saturated Fat: 11.22g (70.14%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 33.94g (12.34%), Sugar: 2.92g (3.24%), Cholesterol: 221.48mg (73.83%), Sodium: 188.66mg (8.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.77g (83.54%), Vitamin C: 66.77mg (80.93%), Vitamin B6: 1.45mg (72.54%), Vitamin B3: 12.84mg (64.21%), Selenium: 43.21µg (61.73%), Phosphorus: 483.25mg (48.32%), Potassium: 1422.55mg (40.64%), Vitamin B5: 2.98mg (29.79%), Manganese: 0.55mg (27.32%), Magnesium: 100.49mg (25.12%), Fiber: 6.16g (24.65%), Vitamin B2: 0.41mg (24.33%), Vitamin B12: 1.45µg (24.11%), Iron: 4.33mg (24.04%), Zinc: 3.54mg (23.59%), Vitamin B1: 0.35mg (23.21%), Copper: 0.36mg (18.06%), Vitamin A: 785.25IU (15.7%), Vitamin K: 13.33µg (12.69%), Vitamin E: 1.87mg (12.49%), Folate: 49.79µg (12.45%), Calcium: 84.32mg

(8.43%), Vitamin D: 0.23µg (1.51%)