



WHATSheATE



Cuban-Spiced Chicken Thighs with Chorizo and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 strips. with skin and bone (4 1/2 pounds)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 3 garlic clove chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin

- ☐ 2 teaspoons pepper black
- ☐ 2 teaspoons paprika sweet
- ☐ 2 teaspoons jalapeno seeded chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest finely grated
- ☐ 6 servings lime wedges
- ☐ 2.5 cups chicken broth ()
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion finely chopped
- ☐ 1 piquillo peppers whole canned cut into thin strips
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon saffron threads
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound mild sausage links to package directions and coin spanish fully cooked cut into 1/4-inch-thick rounds
- ☐ 2 cups arborio rice white
- ☐ 2 medium tomatoes diced

Equipment

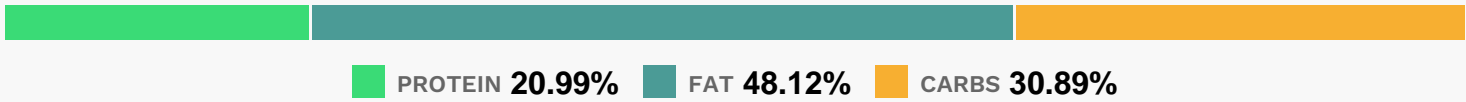
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Whisk first 11 ingredients in medium bowl for marinade.

- ☐ Place chicken in large resealable plastic bag; add marinade. Seal bag; turn several times to coat chicken. Refrigerate chicken at least 4 hours and up to 1 day, turning bag occasionally. Using tongs, transfer chicken from bag to plate, allowing excess marinade to drip back into bag. Reserve marinade.
- ☐ Heat 1 tablespoon oil in heavy large wide pot over medium heat.
- ☐ Add chorizo and sauté until beginning to brown and fat begins to render, about 3 minutes. Using slotted spoon, transfer chorizo to medium bowl. Increase heat to medium-high.
- ☐ Add half of chicken, skin side down, to pot. Sauté until brown, about 5 minutes per side.
- ☐ Transfer to plate. Repeat with remaining chicken.
- ☐ Pour off all but 3 tablespoons fat from pot; discard excess fat.
- ☐ Add chopped onions; sauté 4 minutes, scraping up any browned bits.
- ☐ Add chopped bell pepper and chopped garlic. Sauté until onions are translucent, about 2 minutes.
- ☐ Mix in rice, stirring to blend with vegetables.
- ☐ Add 2 1/2 cups broth, tomatoes with any juice, paprika, saffron, and reserved marinade. Bring to boil, stirring to blend. Return chicken, chorizo, and any accumulated juices to pot, pressing chicken partially into rice.
- ☐ Reduce heat to low, cover, and simmer 15 minutes. Arrange piquillo pepper strips over chicken pieces. Cover and continue to simmer until rice is tender and chicken is cooked through, adding more broth by 1/4 cupfuls if rice is dry, about 10 minutes longer. Season to taste with salt and pepper.
- ☐ Transfer rice and chicken to large shallow bowl.
- ☐ Garnish with cilantro and lime wedges and serve.

Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:43.8, Inflammation Score:-10, Nutrition Score:31.510869233505%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg

Nutrients (% of daily need)

Calories: 848.09kcal (42.4%), Fat: 45g (69.23%), Saturated Fat: 12.43g (77.7%), Carbohydrates: 65.01g (21.67%), Net Carbohydrates: 60.64g (22.05%), Sugar: 4.46g (4.95%), Cholesterol: 211.78mg (70.59%), Sodium: 626.06mg (27.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.16g (88.32%), Vitamin B3: 15.23mg (76.13%), Selenium: 45.91µg (65.59%), Vitamin B6: 1.07mg (53.68%), Manganese: 1.02mg (51.05%), Phosphorus: 481.58mg (48.16%), Folate: 185.96µg (46.49%), Vitamin B1: 0.68mg (45.35%), Vitamin C: 36.25mg (43.94%), Vitamin B5: 3.24mg (32.4%), Iron: 5.78mg (32.12%), Vitamin A: 1491.19IU (29.82%), Zinc: 4.31mg (28.75%), Vitamin B12: 1.63µg (27.08%), Potassium: 888.83mg (25.4%), Vitamin B2: 0.41mg (24.29%), Copper: 0.4mg (19.78%), Magnesium: 76.34mg (19.08%), Fiber: 4.37g (17.5%), Vitamin K: 17.82µg (16.97%), Vitamin E: 1.58mg (10.54%), Calcium: 60.97mg (6.1%), Vitamin D: 0.68µg (4.53%)