



Cumin and Ancho Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ancho chile powder
- ☐ 3 tablespoons ground cumin
- ☐ 2 teaspoons kosher salt plus more
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 6 servings vegetable oil for frying

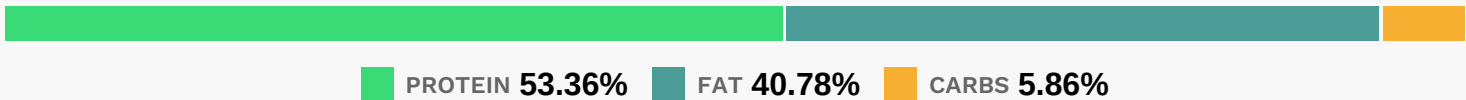
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toss chicken with ancho chile powder, cumin, and 2 teaspoons salt in a large bowl to coat. Cover and chill for 2 hours.
- ☐ Heat a large cast-iron skillet over medium-high heat. Coat pan with a thin layer of oil. Working in batches, place thighs in skillet in a single layer (do not crowd). Cover and cook until a crust forms, about 5 minutes. Turn; cook, uncovered, until thighs are just cooked through, 3–4 minutes longer.
- ☐ Transfer to a platter; let rest for 5 minutes.
- ☐ Cut chicken into 1/2" cubes.
- ☐ Transfer with any accumulated juice to a medium bowl. Season with salt. DO AHEAD: Can be made 1 day ahead.
- ☐ Let cool slightly. Cover; chill. Rewarm before serving.

Nutrition Facts



Properties

Glycemic Index: 0.83, Glycemic Load: 0.05, Inflammation Score: -7, Nutrition Score: 16.51608685566%

Nutrients (% of daily need)

Calories: 227.21kcal (11.36%), Fat: 10.25g (15.77%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 1.61g (0.58%), Sugar: 0.36g (0.39%), Cholesterol: 143.64mg (47.88%), Sodium: 980.37mg (42.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.19g (60.39%), Selenium: 35.14µg (50.21%), Vitamin B3: 9.05mg (45.23%), Vitamin B6: 0.77mg (38.48%), Phosphorus: 309.71mg (30.97%), Vitamin A: 1260.39IU (25.21%), Iron: 3.9mg (21.66%), Vitamin B2: 0.31mg (18.53%), Vitamin B5: 1.85mg (18.5%), Zinc: 2.62mg (17.44%), Vitamin B12: 0.97µg (16.13%), Potassium: 502.23mg (14.35%), Vitamin E: 2.13mg (14.18%), Vitamin K: 13.92µg (13.26%), Magnesium: 51.74mg (12.93%), Vitamin B1: 0.16mg (10.99%), Manganese: 0.19mg (9.71%), Copper: 0.15mg (7.56%), Fiber: 1.71g (6.83%), Calcium: 55.22mg (5.52%), Folate: 7.47µg (1.87%)