



Cumin-Yogurt Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



793 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 pounds chicken thighs
- 0.5 cup yogurt plain fat-free
- 0.5 cup cilantro leaves fresh chopped
- 2 garlic cloves crushed
- 2 tablespoons ground cumin
- 0.3 teaspoon ground pepper red
- 2 teaspoons ground sumac grated
- 1 cup onion separated sliced

0.3 teaspoon salt

Equipment

bowl

oven

baking pan

Directions

Preheat oven to 35

Combine first 7 ingredients in a large bowl; stir well.

Add chicken, stirring to coat with yogurt mixture. Cover and marinate in refrigerator 3 hours, stirring occasionally.

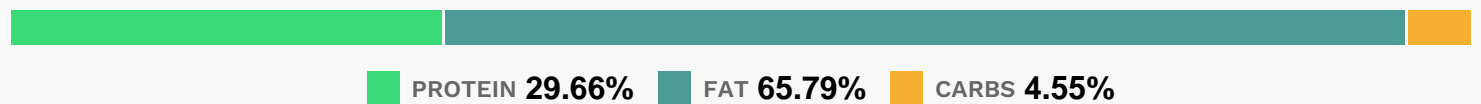
Place chicken and marinade in a 13 x 9-inch baking dish coated with cooking spray.

Sprinkle sumac over chicken mixture.

Bake at 350 for 35 minutes. Turn chicken over, and bake an additional 35 minutes or until done.

Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:26.786086932473%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

Nutrients (% of daily need)

Calories: 792.52kcal (39.63%), Fat: 57.31g (88.17%), Saturated Fat: 15.34g (95.86%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.79g (2.83%), Sugar: 4.16g (4.62%), Cholesterol: 334mg (111.33%), Sodium: 438.73mg (19.08%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.13g (116.26%), Selenium: 65.32µg (93.31%), Vitamin B3: 16.06mg (80.32%), Vitamin B6: 1.27mg (63.44%), Phosphorus: 615.78mg (61.58%), Vitamin B12: 2.36µg (39.4%), Vitamin B5: 3.72mg (37.22%), Vitamin B2: 0.55mg (32.2%), Zinc: 4.79mg (31.95%), Potassium: 906.51mg (25.9%), Iron: 4.45mg (24.74%), Magnesium: 86.52mg (21.63%), Vitamin B1: 0.31mg (20.56%), Vitamin K: 13.85µg (13.19%), Calcium: 129.62mg (12.96%), Manganese: 0.24mg (12.2%), Copper: 0.23mg (11.46%), Vitamin A: 493.5IU (9.87%), Vitamin E: 0.91mg (6.07%), Folate: 23.2µg (5.8%), Vitamin C: 4.57mg (5.54%), Fiber: 1.12g (4.47%), Vitamin D: 0.34µg (2.27%)