



29%
HEALTH SCORE

Deviled Chicken Thighs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon pepper fresh black
- 0.3 cup mustard (Dijon or Dijonaise)
- 0.5 teaspoon salt
- 2.5 lbs chicken thighs skinless
- 1 tablespoon worcestershire sauce

Equipment

Nutrition Facts

■ PROTEIN **58.39%** ■ FAT **29.69%** ■ CARBS **11.92%**

Properties

Glycemic Index:24, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:28.728695652174%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 405.11kcal (20.26%), Fat: 12.93g (19.89%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 10.24g (3.72%), Sugar: 1.52g (1.68%), Cholesterol: 269.32mg (89.77%), Sodium: 870.38mg (37.84%), Protein: 57.19g (114.38%), Selenium: 72.8µg (103.99%), Vitamin B3: 16.9mg (84.48%), Vitamin K: 71.09µg (67.71%), Vitamin B6: 1.29mg (64.62%), Phosphorus: 574.14mg (57.41%), Vitamin B5: 3.54mg (35.4%), Vitamin B2: 0.58mg (33.88%), Zinc: 4.65mg (31.03%), Vitamin B12: 1.86µg (31.03%), Vitamin B1: 0.42mg (28.1%), Potassium: 800.86mg (22.88%), Magnesium: 81.13mg (20.28%), Iron: 3.64mg (20.22%), Manganese: 0.26mg (12.85%), Copper: 0.22mg (11.03%), Folate: 32.94µg (8.23%), Vitamin A: 399.03IU (7.98%), Calcium: 70.48mg (7.05%), Vitamin C: 5.6mg (6.79%), Fiber: 1.43g (5.73%), Vitamin E: 0.61mg (4.06%)