



Dinner Tonight: Jacques Pépin's Spicy Ginger and Lemon Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider sweet
- 1 Dash ground pepper
- 0.3 teaspoon chili powder
- 1 teaspoon flour
- 2 garlic clove peeled
- 2 ginger fresh minced
- 0.3 teaspoon ground cumin

- 2 strips lemon zest
- 2 teaspoons olive oil extra virgin extra-virgin
- 2 strips orange zest
- 1 teaspoon sesame seed toasted
- 2 chicken legs skinless
- 1 Dash thyme leaves dried

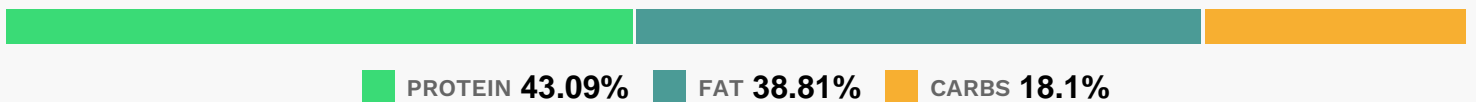
Equipment

- bowl
- frying pan
- wooden spoon

Directions

- Mix together the salt, chili powder, ground cumin, dried thyme, cayenne pepper, and flour in a bowl. Coat the chicken legs in this mixture.
- Pour the olive oil into a large saute pan set over medium heat.
- Add the chicken and cook until well browned on both sides, about 10 minutes total.
- Add the lemon zest, orange zest, fresh ginger, garlic, and sweet apple cider. Scrape the bottom of the pan with a wooden spoon to dislodge any browned bits, and bring this to a boil. Reduce heat to low, cover the skillet, and cook for 15 minutes.
- Serve the chicken with the sauce, along some green vegetables or maybe some rice.
- Sprinkle with the toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:138.88, Glycemic Load:3.74, Inflammation Score:-6, Nutrition Score:12.415217233741%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 240.27kcal (12.01%), Fat: 10.2g (15.69%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.82g (3.57%), Sugar: 5.9g (6.56%), Cholesterol: 117.23mg (39.08%), Sodium: 132.33mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Selenium: 28.35µg (40.51%), Vitamin B3: 7.47mg (37.37%), Vitamin B6: 0.6mg (30.16%), Phosphorus: 253.35mg (25.33%), Zinc: 2.46mg (16.4%), Vitamin B5: 1.59mg (15.85%), Vitamin B2: 0.26mg (15.38%), Potassium: 430.17mg (12.29%), Vitamin B12: 0.73µg (12.24%), Magnesium: 42.6mg (10.65%), Vitamin B1: 0.15mg (10.16%), Iron: 1.7mg (9.44%), Manganese: 0.19mg (9.27%), Copper: 0.16mg (8.04%), Vitamin C: 5.33mg (6.46%), Vitamin E: 0.96mg (6.41%), Vitamin K: 6.39µg (6.09%), Calcium: 42.29mg (4.23%), Fiber: 0.87g (3.5%), Vitamin A: 168.73IU (3.37%), Folate: 9.62µg (2.4%)