



Easy Spicy Mexican-American Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar to taste
- 1 tablespoon cayenne pepper
- 4 chicken thighs
- 0.5 cup hot sauce mexican-style (such as Valentina)
- 1 tablespoon paprika

Equipment

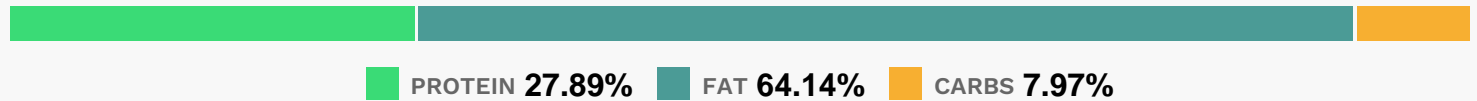
- bowl
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a small baking dish.
- Mix the hot sauce, paprika, ground cayenne pepper, and brown sugar in a bowl, and stir until the mixture is well combined.
- Place the chicken thighs in the baking dish, and coat them with a layer of sauce. Cover the dish with foil.
- Bake in the preheated oven for 20 minutes.
- Remove the foil, and bake until the chicken has cooked through, and the sauce has thickened and started to brown, about 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:11.755652080411%

Nutrients (% of daily need)

Calories: 271.08kcal (13.55%), Fat: 19.32g (29.73%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.36g (1.59%), Sugar: 3.6g (4%), Cholesterol: 110.74mg (36.91%), Sodium: 882.32mg (38.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.81%), Selenium: 21.39µg (30.55%), Vitamin A: 1518.81IU (30.38%), Vitamin C: 23.41mg (28.38%), Vitamin B3: 5.61mg (28.06%), Vitamin B6: 0.5mg (25.2%), Phosphorus: 191.12mg (19.11%), Vitamin B5: 1.23mg (12.29%), Vitamin B2: 0.21mg (12.16%), Vitamin B12: 0.72µg (12.05%), Zinc: 1.55mg (10.35%), Potassium: 343.92mg (9.83%), Iron: 1.39mg (7.72%), Vitamin E: 1.16mg (7.7%), Magnesium: 28.25mg (7.06%), Vitamin B1: 0.1mg (6.95%), Vitamin K: 5.5µg (5.24%), Manganese: 0.09mg (4.38%), Copper: 0.08mg (4.23%), Fiber: 1.04g (4.16%), Calcium: 19.79mg (1.98%), Folate: 7.4µg (1.85%)