



Fiery Chicken Thighs with Persian Rice

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 skin-on chicken thighs bone-in
- 1.5 tablespoons butter
- 2.5 tablespoons canola oil divided
- 1 tablespoon garlic fresh minced
- 0.3 teaspoon ground coriander
- 1.5 teaspoons ground cumin divided
- 0.5 teaspoon ground turmeric
- 1 teaspoon kosher salt divided

- 0.8 cup onion chopped
- 0.5 cup greek yogurt plain 2% reduced-fat
- 5 cups water
- 0.8 cup rice long-grain white
- 1 tablespoon sambal oelek fresh (ground chile paste)

Equipment

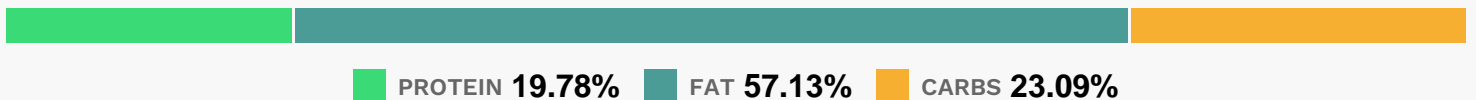
- bowl
- frying pan
- sauce pan
- aluminum foil
- broiler
- ziploc bags
- kitchen towels
- spatula
- broiler pan

Directions

- Bring 5 cups water to a boil in medium saucepan.
- Add rice; boil 10 minutes.
- Drain. Rinse rice; drain.
- Heat a medium, heavy-bottomed skillet over medium heat.
- Add 1 1/2 teaspoons oil to pan; swirl to coat.
- Add onion, and cook 5 minutes. Stir in 1 teaspoon cumin, 3/4 teaspoon salt, and turmeric; cook 1 minute.
- Combine rice, onion mixture, and yogurt in a bowl.
- Return pan to medium-high heat.
- Add butter and 1 tablespoon oil to pan; swirl until butter melts.

- Add rice mixture to pan, lightly packing rice down. Reduce heat to medium-low. Wrap a clean, dry dish towel around the lid, tying it at the handle; place prepared lid on pan. Cook rice, covered, over medium-low heat 10 minutes (do not stir or uncover). Reduce temperature to low; cook an additional 20 minutes or until rice is tender on top and a golden crust forms on bottom.
- Loosen the rice crust with a rubber spatula around the edges.
- Place a plate over the top of pan, and invert the rice onto plate, browned side up.
- While rice cooks, preheat broiler to high.
- Combine remaining 1 tablespoon oil, remaining 1/2 teaspoon cumin, sambal oelek, garlic, and coriander in a small bowl, stirring well. Scrape spice paste into a zip-top plastic bag.
- Add chicken to bag; seal. Toss to coat.
- Let stand 20 minutes.
- Remove chicken from bag; discard marinade.
- Sprinkle chicken evenly with remaining 1/4 teaspoon salt.
- Place chicken, skin-side up, on a foil-lined broiler pan coated with cooking spray. Broil 8 minutes or until browned. Turn chicken over; broil an additional 4 minutes or until done.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:17.52, Inflammation Score:-9, Nutrition Score:15.664347780787%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 596.52kcal (29.83%), Fat: 37.6g (57.84%), Saturated Fat: 9.94g (62.12%), Carbohydrates: 34.18g (11.39%), Net Carbohydrates: 32.98g (11.99%), Sugar: 2.54g (2.82%), Cholesterol: 154.15mg (51.38%), Sodium: 755.65mg (32.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.57%), Selenium: 35.35µg (50.5%), Vitamin

B3: 7.48mg (37.42%), Phosphorus: 322.22mg (32.22%), Vitamin B6: 0.64mg (32.18%), Manganese: 0.52mg (26.17%),
Vitamin B5: 1.96mg (19.57%), Vitamin B12: 1.11µg (18.48%), Vitamin B2: 0.3mg (17.43%), Zinc: 2.49mg (16.57%),
Vitamin E: 2.05mg (13.65%), Potassium: 460.67mg (13.16%), Magnesium: 49.57mg (12.39%), Copper: 0.23mg
(11.71%), Iron: 2.02mg (11.22%), Vitamin B1: 0.16mg (10.92%), Vitamin K: 9.95µg (9.48%), Calcium: 79.16mg (7.92%),
Vitamin A: 263.17IU (5.26%), Fiber: 1.21g (4.83%), Vitamin C: 3.63mg (4.4%), Folate: 15.35µg (3.84%)