



 **16%**  
HEALTH SCORE

# Grilled Chicken Thighs with Roasted Grape Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**250 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers
- 2 tablespoons parsley fresh chopped
- 2 garlic clove minced
- 2 cups grape tomatoes
- 1 tablespoon juice of lemon fresh

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- 1 tablespoon lemon zest grated
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- 1 teaspoon olive oil
- 2 teaspoons olive oil
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 1.5 pounds chicken thighs boneless skinless

## Equipment

- oven
- baking pan
- grill
- ziploc bags

## Directions

- Prepare grill.
- To prepare chicken, combine first 4 ingredients in a large zip-top plastic bag.
- Add chicken to bag; seal. Marinate in refrigerator 15 minutes, turning the bag occasionally.
- Remove chicken from bag; discard marinade.
- Sprinkle chicken evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- Preheat oven to 425
- To prepare tomatoes, combine tomatoes and 2 teaspoons oil in an 8-inch square baking dish; toss gently.
- Bake at 425 for 18 minutes or until tomatoes are tender.
- Combine tomato mixture, parsley, and remaining ingredients, stirring gently.
- Serve with chicken.

Wine note: Chicken on its own is a flexible partner for wine, but the capers, lemon, and parsley in this dish call for a varietal that can handle the briny, tart, and herbal qualities of these ingredients: sauvignon blanc. Try Dry Creek Vineyard Fume Blanc 2006 from Sonoma County, California (\$50). Karen MacNeil

## Nutrition Facts

**PROTEIN 54.78%** **FAT 37.37%** **CARBS 7.85%**

### Properties

Glycemic Index:41, Glycemic Load:0.94, Inflammation Score:-7, Nutrition Score:18.999130394148%

### Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

### Nutrients (% of daily need)

Calories: 249.65kcal (12.48%), Fat: 10.22g (15.72%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 3.49g (1.27%), Sugar: 2.37g (2.63%), Cholesterol: 161.59mg (53.86%), Sodium: 575.55mg (25.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.41%), Selenium: 38.72µg (55.31%), Vitamin B3: 10.01mg (50.06%), Vitamin K: 46.25µg (44.05%), Vitamin B6: 0.85mg (42.33%), Phosphorus: 341.05mg (34.11%), Vitamin C: 20.35mg (24.67%), Vitamin B5: 2.15mg (21.49%), Vitamin B2: 0.33mg (19.13%), Zinc: 2.77mg (18.47%), Vitamin B12: 1.09µg (18.14%), Potassium: 628.58mg (17.96%), Vitamin A: 835.48IU (16.71%), Vitamin B1: 0.19mg (12.66%), Magnesium: 50.66mg (12.66%), Iron: 1.81mg (10.04%), Manganese: 0.17mg (8.41%), Copper: 0.16mg (8.03%), Vitamin E: 1.2mg (7.99%), Folate: 24.07µg (6.02%), Fiber: 1.35g (5.39%), Calcium: 33.47mg (3.35%)