



Herbed Chicken Thighs with Cider Cabbage

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

READY IN



45 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple cider
- 0.5 teaspoon pepper black
- 2 pounds chicken thighs
- 0.5 teaspoon ground coriander
- 0.8 teaspoon ground thyme
- 1 teaspoon olive oil
- 0.8 teaspoon oregano dried
- 8 cups cabbage red sliced

- 1 cup onion red separated thinly sliced
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 1 tablespoon sugar

Equipment

- frying pan

Directions

- Combine first 5 ingredients, and rub oregano mixture over chicken. Cover and marinate in refrigerator 30 minutes.
- Heat oil in a large nonstick skillet over medium-high heat; add chicken thighs, and cook 5 minutes on each side or until browned.
- Remove chicken from skillet; keep warm.
- Add cider to skillet, scraping pan to loosen browned bits. Bring to a boil; cook until reduced to 1 cup (about 3 minutes).
- Remove 1/2 cup reduced cider from skillet; set aside.
- Add cabbage and remaining ingredients to skillet; bring to a boil. Cover, reduce heat to medium, and cook 5 minutes or until cabbage wilts. Return chicken thighs to skillet, nestling them into cabbage mixture; add reserved 1/2 cup reduced cider. Cover and cook over medium-low heat 30 minutes or until chicken is done.

Nutrition Facts

  
 **PROTEIN 24.6%**  **FAT 54.24%**  **CARBS 21.16%**

Properties

Glycemic Index:51.71, Glycemic Load:11.29, Inflammation Score:-10, Nutrition Score:31.95043510976%

Flavonoids

Cyanidin: 373.52mg, Cyanidin: 373.52mg, Cyanidin: 373.52mg, Cyanidin: 373.52mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin:

1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 646.84kcal (32.34%), Fat: 39.24g (60.37%), Saturated Fat: 10.39g (64.94%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 29.39g (10.69%), Sugar: 22.88g (25.42%), Cholesterol: 222.26mg (74.09%), Sodium: 520.68mg (22.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.05g (80.09%), Vitamin C: 105.67mg (128.09%), Vitamin K: 79.48µg (75.69%), Selenium: 43.92µg (62.74%), Vitamin B6: 1.22mg (61.24%), Vitamin B3: 11.44mg (57.22%), Vitamin A: 2180.23IU (43.6%), Phosphorus: 434.55mg (43.45%), Manganese: 0.68mg (34.11%), Potassium: 1090.85mg (31.17%), Vitamin B2: 0.46mg (26.91%), Vitamin B5: 2.68mg (26.8%), Vitamin B12: 1.45µg (24.19%), Zinc: 3.36mg (22.39%), Vitamin B1: 0.33mg (21.83%), Magnesium: 84.46mg (21.11%), Iron: 3.65mg (20.26%), Fiber: 5.05g (20.2%), Calcium: 129.97mg (13%), Folate: 47.89µg (11.97%), Copper: 0.19mg (9.33%), Vitamin E: 0.92mg (6.14%), Vitamin D: 0.23µg (1.51%)