



Honey-Pecan Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs
- ☐ 0.5 teaspoon curry powder
- ☐ 0.8 cup dijon mustard divided
- ☐ 0.5 teaspoon thyme dried
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.8 cup honey divided

- ☐ 4 servings parsley italian
- ☐ 1 cup pecans finely chopped
- ☐ 0.5 teaspoon salt

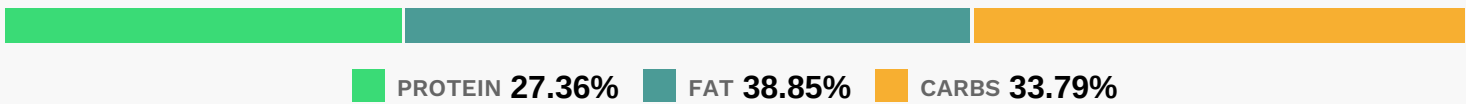
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Combine first 4 ingredients; sprinkle evenly over chicken in a shallow dish. Stir together 1/2 cup honey, 1/2 cup mustard, and garlic; pour over chicken. Cover and chill 2 hours.
- ☐ Remove chicken from marinade, discarding marinade. Dredge chicken in pecans; place on a lightly greased rack in an aluminum foil-lined broiler pan.
- ☐ Bake at 375 for 40 minutes or until chicken is done.
- ☐ Stir together remaining 1/4 cup honey, remaining 1/4 cup mustard, and curry powder; serve sauce with chicken.
- ☐ Garnish if desired.

Nutrition Facts



Properties

Glycemic Index:56.32, Glycemic Load:27.81, Inflammation Score:-7, Nutrition Score:32.440434974173%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 685.2kcal (34.26%), Fat: 30.62g (47.11%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 59.91g (19.97%), Net Carbohydrates: 54.74g (19.91%), Sugar: 54.02g (60.02%), Cholesterol: 214.7mg (71.57%), Sodium: 1010.75mg (43.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.51g (97.03%), Selenium: 68.79µg (98.28%), Manganese: 1.6mg (79.88%), Vitamin K: 76.84µg (73.18%), Vitamin B3: 13.38mg (66.91%), Vitamin B6: 1.14mg (57.15%), Phosphorus: 557.93mg (55.79%), Zinc: 5.2mg (34.64%), Vitamin B1: 0.48mg (32.02%), Vitamin B5: 3.16mg (31.59%), Vitamin B2: 0.5mg (29.41%), Magnesium: 112.73mg (28.18%), Copper: 0.53mg (26.45%), Vitamin B12: 1.45µg (24.11%), Potassium: 809.98mg (23.14%), Iron: 4.05mg (22.53%), Fiber: 5.17g (20.7%), Vitamin A: 552.35IU (11.05%), Calcium: 86.09mg (8.61%), Vitamin C: 6.87mg (8.33%), Vitamin E: 1.12mg (7.5%), Folate: 26.73µg (6.68%)