



Honey-Pomegranate Roasted Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 pounds chicken thighs
- ☐ 1 tablespoon cornstarch
- ☐ 6 garlic cloves minced
- ☐ 0.8 cup honey
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 cup juice of lemon fresh (3 small lemons)
- ☐ 1 tablespoon lemon rind grated

- ☐ 2 tablespoons pomegranate molasses
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 tablespoon water
- ☐ 1 teaspoon worcestershire sauce

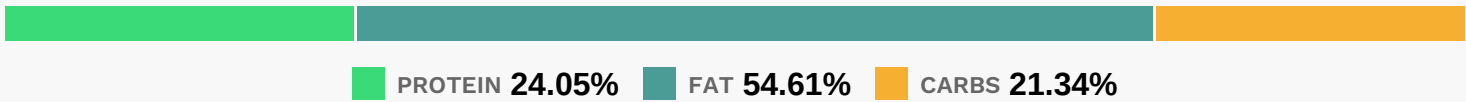
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Combine first 9 ingredients in a large bowl; marinate in refrigerator 2 hours, stirring occasionally.
- ☐ Preheat oven to 42
- ☐ Remove chicken from bowl, reserving marinade.
- ☐ Combine cornstarch and water in a small bowl.
- ☐ Place the reserved marinade in a small saucepan; bring to a boil. Stir in cornstarch mixture, and cook for 3 minutes or until thickened, stirring frequently.
- ☐ Remove from heat.
- ☐ Place chicken on a broiler pan coated with cooking spray; sprinkle with salt and pepper.
- ☐ Bake at 425 for 30 minutes or until chicken is done, basting with reserved marinade every 10 minutes.

Nutrition Facts



Properties

Glycemic Index:18.03, Glycemic Load:14.27, Inflammation Score:-3, Nutrition Score:16.266087034474%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 620.38kcal (31.02%), Fat: 37.72g (58.03%), Saturated Fat: 10.16g (63.53%), Carbohydrates: 33.16g (11.05%), Net Carbohydrates: 32.6g (11.86%), Sugar: 28.95g (32.16%), Cholesterol: 222.26mg (74.09%), Sodium: 491.44mg (21.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.37g (74.73%), Selenium: 43.15µg (61.64%), Vitamin B3: 10.62mg (53.12%), Vitamin B6: 0.85mg (42.66%), Phosphorus: 370.4mg (37.04%), Vitamin B12: 1.45µg (24.19%), Vitamin B5: 2.38mg (23.82%), Zinc: 2.98mg (19.87%), Vitamin B2: 0.32mg (18.77%), Potassium: 540.1mg (15.43%), Vitamin B1: 0.18mg (12.09%), Magnesium: 47.22mg (11.8%), Iron: 1.88mg (10.43%), Copper: 0.15mg (7.4%), Vitamin C: 6.04mg (7.32%), Manganese: 0.14mg (6.93%), Vitamin K: 5µg (4.76%), Vitamin A: 180.07IU (3.6%), Vitamin E: 0.5mg (3.31%), Folate: 12.58µg (3.15%), Calcium: 30.61mg (3.06%), Fiber: 0.56g (2.22%), Vitamin D: 0.23µg (1.51%)