



Marinated Chicken Thighs

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

READY IN



510 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups parsley leaves fresh chopped
- 4 large sprigs rosemary fresh chopped
- 8 large sprigs thyme leaves fresh chopped
- 3 cloves garlic minced
- 1.3 cups olive oil extra-virgin
- 2 tablespoons cracked pink peppercorns
- 2 tablespoons cracked peppercorns black
- 4 servings salad for serving

- 4 servings flaky salt such as maldon, for seasoning
- 1 small shallots diced
- 8 skin-on chicken thighs

Equipment

- bowl
- paper towels
- grill
- ziploc bags

Directions

- Mix the parsley, thyme, rosemary, garlic, shallots, black peppercorns and pink peppercorns together in a bowl.
- Add the olive oil to cover the herbs/spices. Set aside 2 tablespoons of the marinade.
- Place the chicken thighs in a resealable plastic bag.
- Add the marinade and marinate overnight in the refrigerator.
- Preheat the grill to medium.
- Remove the chicken thighs from the marinade, pat with a paper towel and place, fleshy-side down, on the hot grill. Grill until cooked through, turning once, 7 to 8 minutes per side. Finish with the reserved 2 tablespoons of marinade and some flaky salt.
- Serve on top of your favorite salad.

Nutrition Facts



PROTEIN 23.4% **FAT 68.74%** **CARBS 7.86%**

Properties

Glycemic Index:51.5, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:34.693043491115%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 64.75mg, Apigenin: 64.75mg, Apigenin: 64.75mg, Apigenin: 64.75mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin:

1.33mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.49mg, Myricetin: 4.49mg, Myricetin: 4.49mg, Myricetin: 4.49mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 670.41kcal (33.52%), Fat: 51.78g (79.66%), Saturated Fat: 12.22g (76.39%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 8.71g (3.17%), Sugar: 0.87g (0.97%), Cholesterol: 221.48mg (73.83%), Sodium: 205.31mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.67g (79.33%), Vitamin K: 527.55µg (502.43%), Manganese: 1.57mg (78.4%), Vitamin A: 3354.3IU (67.09%), Vitamin C: 53.83mg (65.24%), Selenium: 43.38µg (61.97%), Vitamin B3: 11.34mg (56.71%), Vitamin B6: 0.93mg (46.68%), Phosphorus: 417.33mg (41.73%), Iron: 5.57mg (30.94%), Vitamin B5: 2.66mg (26.61%), Potassium: 892.69mg (25.51%), Vitamin B12: 1.45µg (24.11%), Zinc: 3.47mg (23.15%), Vitamin B2: 0.39mg (22.69%), Magnesium: 88.13mg (22.03%), Vitamin E: 2.93mg (19.56%), Folate: 75.43µg (18.86%), Fiber: 4.61g (18.45%), Copper: 0.35mg (17.28%), Vitamin B1: 0.23mg (15.15%), Calcium: 142.74mg (14.27%), Vitamin D: 0.23µg (1.51%)