



Mid-Eastern Chicken Thighs

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

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon curry powder
- 1 cup chicken broth fat-free reduced-sodium
- 1 tablespoon garam masala
- 1 teaspoon olive oil
- 1 cup onion sliced
- 0.5 cup red wine
- 2 tablespoons red wine vinegar
- 2.5 pounds chicken thighs boneless skinless

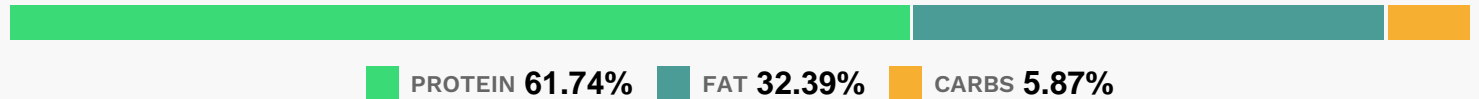
Equipment

- frying pan

Directions

- Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned lightly brown, about 7 minutes.
- Remove onion from skillet, and set aside.
- Increase heat to medium-high. Season one side of the chicken thighs with half of the garam masala and curry powder.
- Place the chicken seasoned-side down into the skillet, and season the other side with the remaining garam masala and curry powder. Continue cooking chicken until browned on both sides, about 4 minutes on each side.
- Pour in the red wine and red wine vinegar. Simmer for about 30 seconds, scraping up and browned bits from the pan. Stir in the prepared onion and chicken broth. Bring to a boil. Cover and reduce heat to medium-low. Simmer the chicken thighs until no longer pink in the center, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:15.965652338837%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg

Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 264.67kcal (13.23%), Fat: 8.65g (13.31%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.32g (1.46%), Cholesterol: 179.55mg (59.85%), Sodium: 325.86mg (14.17%), Alcohol: 2.12g (100%), Alcohol %: 0.96% (100%), Protein: 37.09g (74.17%), Selenium: 43.75µg (62.5%), Vitamin B3: 10.85mg (54.24%), Vitamin B6: 0.89mg (44.58%), Phosphorus: 370.9mg (37.09%), Vitamin B5: 2.35mg (23.52%), Vitamin B12: 1.29µg (21.42%), Vitamin B2: 0.36mg (20.96%), Zinc: 2.96mg (19.75%), Potassium: 543.25mg (15.52%), Vitamin B1: 0.19mg (12.43%), Magnesium: 49.54mg (12.38%), Iron: 1.79mg (9.94%), Copper: 0.13mg (6.37%), Vitamin K: 6.24µg (5.94%), Manganese: 0.1mg (5.23%), Folate: 13.46µg (3.37%), Vitamin E: 0.48mg (3.19%), Calcium: 27.36mg (2.74%), Fiber: 0.66g (2.63%), Vitamin C: 2.02mg (2.45%)