



Perfect Pan-Roasted Chicken Thighs



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



2

CALORIES



1010 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 2.3 pounds skin-on bone-in
- ☐ 1 tablespoon vegetable oil

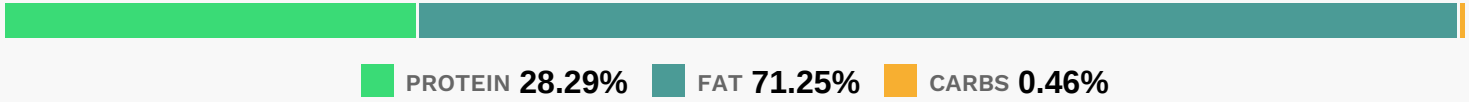
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 475°F. Season chicken with salt and pepper.
- ☐ Heat oil in a 12" cast-iron or heavy nonstick skillet over high heat until hot but not smoking. Nestle chicken in skillet, skin side down, and cook 2 minutes. Reduce heat to medium-high; continue cooking skin side down, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat, until fat renders and skin is golden brown, about 12 minutes.
- ☐ Transfer skillet to oven and cook 13 more minutes. Flip chicken; continue cooking until skin crisps and meat is cooked through, about 5 minutes longer.
- ☐ Transfer to a plate; let rest 5 minutes before serving.
- ☐ Per serving: 366 calories, 25 g fat, 0 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:28.224348103547%

Nutrients (% of daily need)

Calories: 1010.27kcal (50.51%), Fat: 78.85g (121.31%), Saturated Fat: 20.46g (127.89%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0g (0%), Cholesterol: 425.07mg (141.69%), Sodium: 334.01mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.45g (140.9%), Selenium: 81.12µg (115.88%), Vitamin B3: 20.14mg (100.72%), Vitamin B6: 1.49mg (74.4%), Phosphorus: 685.48mg (68.55%), Vitamin B12: 2.78µg (46.27%), Vitamin B5: 4.41mg (44.08%), Zinc: 5.42mg (36.15%), Vitamin B2: 0.57mg (33.69%), Potassium: 890.51mg (25.44%), Vitamin B1: 0.32mg (21.41%), Vitamin K: 21.78µg (20.74%), Magnesium: 82.58mg (20.65%), Iron: 2.92mg (16.21%), Copper: 0.22mg (11.13%), Vitamin E: 1.47mg (9.79%), Vitamin A: 338.87IU (6.78%), Manganese: 0.08mg (4.11%), Calcium: 35.14mg (3.51%), Folate: 13.03µg (3.26%), Vitamin D: 0.43µg (2.89%)