



Roast Chicken with Yogurt-Chili Rub

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 pounds chicken thighs and 4 legs skinless
- ☐ 0.8 teaspoon chili powder
- ☐ 0.8 cup hot-brewed coffee brewed
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 4 jalapeños fresh halved seeded
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons oregano fresh chopped
- ☐ 0.3 teaspoon pepper fresh

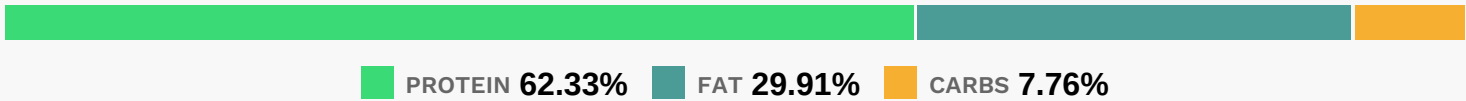
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon

Directions

- ☐ Heat oven to 400F, with a rack centered. Coat a medium roasting pan with the cooking spray; set aside.
- ☐ In a large bowl, combine yogurt, oregano, chili powder, and salt and pepper.
- ☐ Add chicken; toss to coat.
- ☐ Transfer chicken to the prepared pan. Roast 20–25 minutes. Rotate pan and shift chicken pieces. Scatter on halved chilies. Continue cooking until chicken is dark-golden and shiny (20–30 minutes).
- ☐ Transfer chicken and chilies to serving platter.
- ☐ Place roasting pan over high heat.
- ☐ Add coffee and 1/2 cup water. Stir with a wooden spoon, scraping up the flavorful crispy bits.
- ☐ Let the liquid boil and reduce for about 5 minutes.
- ☐ Serve this spicy gravy with the chicken.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:21.455652299135%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.19mg, Luteolin:

0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 260.54kcal (13.03%), Fat: 8.46g (13.02%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 2.79g (1.01%), Sugar: 1.93g (2.15%), Cholesterol: 188.83mg (62.94%), Sodium: 342.17mg (14.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.77mg (5.93%), Protein: 39.68g (79.36%), Selenium: 45.71µg (65.3%), Vitamin B3: 11.59mg (57.93%), Vitamin B6: 1mg (49.88%), Phosphorus: 406.98mg (40.7%), Vitamin K: 32.33µg (30.8%), Vitamin B5: 2.68mg (26.76%), Vitamin B2: 0.45mg (26.72%), Vitamin B12: 1.36µg (22.72%), Zinc: 3.31mg (22.08%), Vitamin C: 16.83mg (20.4%), Potassium: 637.99mg (18.23%), Iron: 3.1mg (17.22%), Magnesium: 62.89mg (15.72%), Vitamin B1: 0.21mg (13.7%), Manganese: 0.27mg (13.31%), Vitamin E: 1.69mg (11.28%), Calcium: 112.67mg (11.27%), Fiber: 2.15g (8.59%), Vitamin A: 375.28IU (7.51%), Copper: 0.15mg (7.5%), Folate: 23.46µg (5.86%)