



Roasted Chicken Thighs with Apples, Gin, and Coriander Seeds

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 small apples
- 0.5 teaspoon pepper black freshly ground
- 2 servings top for serving
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic clove minced
- 1.5 teaspoons hendrick's gin
- 0.5 teaspoon kosher salt

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 pound chicken thighs boneless skinless cut into 1-inch strips
- 1 tablespoon mirin white
- 1 teaspoon coriander seeds whole

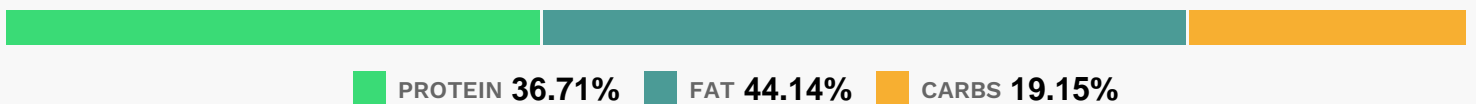
Equipment

- frying pan
- oven
- mandoline

Directions

- Preheat the oven to 400°F. Core the apples and slice as thinly as you can without getting out (or buying) a mandoline (between 1/8 and 1/4 inch is fine).
- In a 9 x 13-inch pan, toss all the ingredients except 1 tablespoon cilantro (or dill or parsley).
- Spread the ingredients out into one layer in the pan. Roast until the chicken is cooked through and the apples are softened, about 20 minutes.
- Garnish with the remaining tablespoon cilantro, dill, or parsley. The sauce will be thin, so serve with crusty bread for sopping up the sauce or over rice.

Nutrition Facts



Properties

Glycemic Index:110.75, Glycemic Load:6.18, Inflammation Score:-4, Nutrition Score:22.072173968605%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 497.31kcal (24.87%), Fat: 23.81g (36.63%), Saturated Fat: 4.33g (27.09%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 19.02g (6.92%), Sugar: 15.58g (17.31%), Cholesterol: 215.46mg (71.82%), Sodium: 792.19mg (34.44%), Alcohol: 1.97g (100%), Alcohol %: 0.61% (100%), Protein: 44.56g (89.11%), Selenium: 52.26µg (74.66%), Vitamin B3: 12.9mg (64.52%), Vitamin B6: 1.11mg (55.53%), Phosphorus: 451.36mg (45.14%), Vitamin B5: 2.84mg (28.43%), Vitamin B2: 0.45mg (26.61%), Vitamin B12: 1.45µg (24.19%), Zinc: 3.61mg (24.07%), Potassium: 750.01mg (21.43%), Vitamin K: 20.4µg (19.43%), Vitamin E: 2.71mg (18.08%), Fiber: 4.22g (16.87%), Vitamin B1: 0.25mg (16.4%), Magnesium: 64.96mg (16.24%), Iron: 2.39mg (13.26%), Manganese: 0.23mg (11.52%), Vitamin C: 8.11mg (9.83%), Copper: 0.2mg (9.81%), Calcium: 45.37mg (4.54%), Folate: 15.19µg (3.8%), Vitamin A: 164.89IU (3.3%)