



# Roasted Chicken Thighs with Brussels Sprouts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black divided
- 24 ounce chicken thighs bone-in
- 1 pound brussels sprouts halved
- 2 teaspoons butter
- 0.3 cup wine dry white
- 2 teaspoons thyme sprigs fresh divided chopped
- 1 tablespoon garlic minced

- 0.5 teaspoon kosher salt divided
- 1 optional: lemon cut into wedges
- 0.3 cup beef broth fat-free
- 1 tablespoon olive oil divided
- 0.3 cup onion thinly sliced

## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 425
- Combine 1 teaspoon oil, garlic, 1 teaspoon thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Loosen skin on thighs by inserting fingers, gently pushing between skin and meat. Rub garlic mixture under loosened skin.
- Heat a large ovenproof skillet over medium-high heat.
- Add 1 teaspoon oil; swirl to coat.
- Add chicken thighs to pan, skin side down; cook 4 minutes. Turn thighs over; top with lemon wedges.
- Place pan in oven; bake at 425 for 18 minutes or until done.
- Remove chicken and lemon from pan; discard lemon. Discard drippings (do not wipe out pan). Return pan to medium-high heat.
- Add wine; cook 2 minutes, scraping pan to loosen browned bits.
- Remove pan from heat; add butter, swirling until butter melts.
- Heat a large skillet over medium-high heat.
- Add remaining 1 teaspoon oil; swirl to coat.
- Add onion; saut 1 minute.
- Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and Brussels sprouts; cook 8 minutes or until crisp-tender.
- Add broth to pan; cover and cook 2 minutes.

Place 1 chicken thigh on each of 4 plates; serve with 1 cup Brussels sprouts and 2 tablespoons sauce.

Sprinkle with remaining 1 teaspoon thyme.

## Nutrition Facts

**PROTEIN 25.44%** **FAT 60.7%** **CARBS 13.86%**

### Properties

Glycemic Index:64.13, Glycemic Load:2.85, Inflammation Score:-9, Nutrition Score:26.870869551016%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 3.94mg, Naringenin: 3.94mg, Naringenin: 3.94mg, Naringenin: 3.94mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

### Nutrients (% of daily need)

Calories: 444.26kcal (22.21%), Fat: 30.01g (46.17%), Saturated Fat: 8.34g (52.11%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 9.94g (3.61%), Sugar: 3.76g (4.18%), Cholesterol: 147.07mg (49.02%), Sodium: 485.34mg (21.1%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 28.29g (56.59%), Vitamin K: 206.58µg (196.74%), Vitamin C: 113.66mg (137.77%), Selenium: 29.35µg (41.92%), Vitamin B6: 0.81mg (40.72%), Vitamin B3: 7.65mg (38.25%), Phosphorus: 321.72mg (32.17%), Manganese: 0.53mg (26.35%), Potassium: 858.15mg (24.52%), Fiber: 5.48g (21.92%), Vitamin A: 1085.47IU (21.71%), Folate: 79.16µg (19.79%), Vitamin B5: 1.91mg (19.12%), Vitamin B1: 0.29mg (19.04%), Vitamin B2: 0.31mg (18.32%), Iron: 3.04mg (16.86%), Zinc: 2.38mg (15.88%), Vitamin B12: 0.93µg (15.49%), Magnesium: 60.8mg (15.2%), Vitamin E: 1.91mg (12.73%), Copper: 0.18mg (9.13%), Calcium: 79.46mg (7.95%)