



## Roasted Chili-Citrus Chicken Thighs with Mixed Olives and Potatoes



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons chili powder
- ☐ 2 tablespoons cilantro leaves fresh divided coarsely chopped
- ☐ 1 tablespoon parsley fresh coarsely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh divided ()
- ☐ 1 cup chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 50 olives mixed (preferably colors and sizes)
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 8 large chicken thighs skinless with bones
- ☐ 1 tablespoon paprika smoked
- ☐ 1 pound yukon gold potatoes peeled cut into 3/4-inch-wide wedges

## Equipment

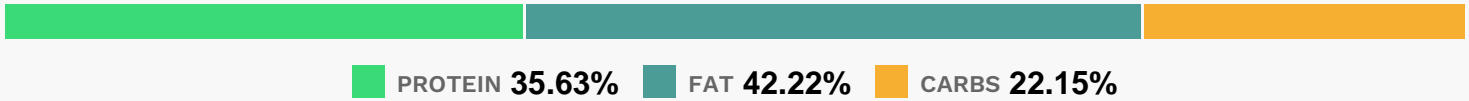
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ stove

## Directions

- ☐ Preheat oven to 400°F. Cook potatoes in large saucepan of lightly salted water until almost tender, about 7 minutes.
- ☐ Drain.
- ☐ Meanwhile, place chicken thighs on large heavy-duty rimmed baking sheet.
- ☐ Sprinkle chicken generously with salt; drizzle with 1 tablespoon lime juice and set aside.
- ☐ Whisk 1 tablespoon lime juice, orange juice, chili powder, both paprikas, grated orange peel, ground cumin, dried oregano, and 1/2 teaspoon salt in small bowl. Rub chili mixture all over chicken. Arrange potato wedges on baking sheet, nestling around chicken.
- ☐ Drizzle olive oil over chicken and potatoes.
- ☐ Bake chicken and potatoes 20 minutes. Increase oven temperature to 425°F. Turn chicken and potato wedges; spoon juices over.
- ☐ Bake 10 minutes longer.

- ☐ Add chicken broth, 1 tablespoon chopped cilantro, and chopped parsley, stirring to scrape up any chili bits at bottom of baking sheet. Turn chicken over.
- ☐ Bake until chicken is cooked through and beginning to brown in spots, about 10 minutes longer.
- ☐ Carefully transfer chicken and potatoes to platter, keeping potatoes intact.
- ☐ Place baking sheet over 2 stovetop burners. Boil sauce until reduced to 1 cup, about 3 minutes.
- ☐ Mix in olives. Season sauce to taste with salt and pepper and additional lime juice, if desired.
- ☐ Pour sauce over chicken and potatoes; top with remaining tablespoon cilantro and serve.

## Nutrition Facts



## Properties

Glycemic Index:59.94, Glycemic Load:15.72, Inflammation Score:-10, Nutrition Score:36.047826227934%

## Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 540.98kcal (27.05%), Fat: 25.88g (39.82%), Saturated Fat: 4.68g (29.28%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 22.83g (8.3%), Sugar: 3.92g (4.35%), Cholesterol: 214.7mg (71.57%), Sodium: 1399.16mg (60.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.14g (98.27%), Vitamin B3: 15.94mg (79.68%), Vitamin B6: 1.58mg (78.96%), Vitamin A: 3909.32IU (78.19%), Selenium: 53.38µg (76.26%), Phosphorus: 544.05mg (54.41%), Vitamin E: 6.74mg (44.92%), Vitamin C: 36.42mg (44.15%), Vitamin K: 41.44µg (39.47%), Potassium: 1368.56mg (39.1%), Vitamin B2: 0.57mg (33.44%), Vitamin B5: 3.26mg (32.56%), Fiber: 7.72g (30.89%), Iron: 5.42mg (30.1%), Zinc: 4.31mg (28.75%), Magnesium: 105.26mg (26.31%), Vitamin B12: 1.51µg (25.09%), Vitamin B1: 0.36mg (23.75%), Copper: 0.44mg (22.16%), Manganese: 0.4mg (20.19%), Calcium: 103.86mg (10.39%), Folate: 41.32µg (10.33%)