



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

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



542 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 low-salt chicken broth
- 2 tablespoons olive oil extra-virgin

- 50 olives mixed (preferably colors and sizes)
- 0.3 cup orange juice fresh
- 2 teaspoons orange peel finely grated
- 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

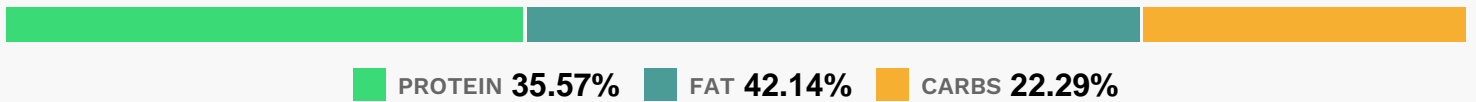
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- stove

## 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:36.177391259567%

### 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: 541.96kcal (27.1%), Fat: 25.88g (39.82%), Saturated Fat: 4.69g (29.28%), Carbohydrates: 30.81g (10.27%), Net Carbohydrates: 22.98g (8.36%), Sugar: 3.92g (4.35%), Cholesterol: 214.7mg (71.57%), Sodium: 1399.19mg (60.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.15g (98.3%), Vitamin B3: 15.94mg (79.72%), Vitamin B6: 1.58mg (79.05%), Vitamin A: 3913.52IU (78.27%), Selenium: 53.39µg (76.27%), Phosphorus: 544.26mg (54.43%), Vitamin C: 37.78mg (45.8%), Vitamin E: 6.74mg (44.93%), Vitamin K: 41.44µg (39.47%), Potassium: 1370.68mg (39.16%), Vitamin B2: 0.57mg (33.5%), Vitamin B5: 3.26mg (32.61%), Fiber: 7.83g (31.32%), Iron: 5.43mg (30.15%), Zinc: 4.31mg (28.76%), Magnesium: 105.48mg (26.37%), Vitamin B12: 1.51µg (25.09%), Vitamin B1: 0.36mg (23.83%), Copper: 0.44mg (22.21%), Manganese: 0.4mg (20.19%), Calcium: 105.47mg (10.55%), Folate: 41.62µg (10.4%)