



Spanish Chicken, Lemon, and Potatoes



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



6

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 6 skinned and boned chicken thighs
- ☐ 2 ounces cured chorizo sausage diced
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 4 large garlic cloves sliced
- ☐ 1 tablespoon hungarian paprika sweet
- ☐ 1 optional: lemon seeded thinly sliced
- ☐ 0.5 cup olives spanish pitted

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 20 oz potato wedges refrigerated red
- ☐ 0.3 teaspoon salt

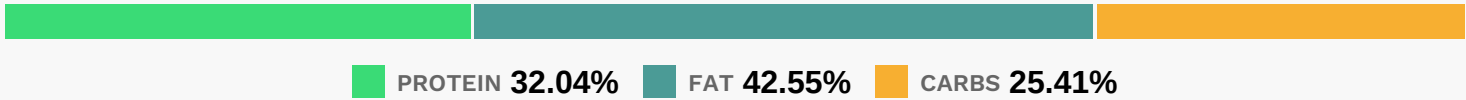
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Sprinkle chicken thighs evenly with salt and pepper; add to skillet. Cook 5 minutes or until browned on all sides.
- ☐ Meanwhile, combine potatoes and next 5 ingredients in a large bowl; toss to coat.
- ☐ Add potato mixture with broth to skillet; top with lemon slices. Cover and cook 20 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:31.04, Glycemic Load:12.61, Inflammation Score:-6, Nutrition Score:16.838260899419%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 314.71kcal (15.74%), Fat: 14.99g (23.06%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 16.71g (6.08%), Sugar: 1.56g (1.73%), Cholesterol: 114.8mg (38.27%), Sodium: 525.69mg (22.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.79%), Vitamin B6: 0.85mg (42.48%), Selenium:

26.51µg (37.88%), Vitamin B3: 7.57mg (37.85%), Vitamin C: 30.5mg (36.98%), Phosphorus: 276.93mg (27.69%), Potassium: 747.12mg (21.35%), Vitamin B5: 1.72mg (17.18%), Vitamin B2: 0.27mg (16.14%), Zinc: 2.11mg (14.06%), Vitamin A: 700.85IU (14.02%), Fiber: 3.42g (13.7%), Vitamin E: 2.03mg (13.56%), Vitamin B1: 0.2mg (13.54%), Magnesium: 53.52mg (13.38%), Iron: 2.26mg (12.57%), Manganese: 0.25mg (12.45%), Vitamin B12: 0.73µg (12.18%), Copper: 0.21mg (10.34%), Vitamin K: 10.55µg (10.05%), Folate: 22.6µg (5.65%), Calcium: 42.3mg (4.23%)