



Spiced Chicken Pilaf with Eggs

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



763 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup rice
- ☐ 7 peppercorns black
- ☐ 32 oz chicken thighs bone-in with skin
- ☐ 2 cinnamon sticks
- ☐ 2 bay leaves dried
- ☐ 3 large eggs
- ☐ 1 teaspoon ground cardamom
- ☐ 1 teaspoon kosher salt

- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons cooking oil divided
- ☐ 1 onion sliced
- ☐ 1 cup yogurt plain

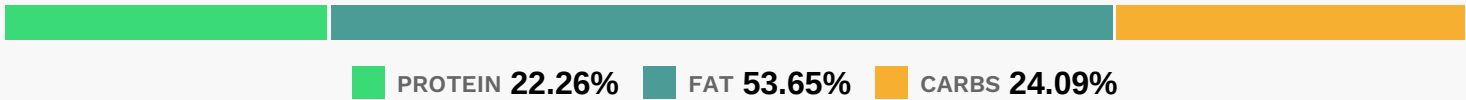
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Put eggs in a small saucepan filled with water. Bring to a boil, cover, and remove from heat.
- ☐ Let sit 15 minutes, then cool, peel, and halve.
- ☐ Heat 1 tbsp. oil in a large frying pan over high heat.
- ☐ Add chicken, skin side down, and cook until well browned, about 5 minutes; transfer to a plate.
- ☐ Add remaining 1 tbsp. oil, spices, salt, and onion and cook, stirring constantly, until fragrant, about 1 minute.
- ☐ Add rice and 2 cups hot water.
- ☐ Place chicken, skin side up, on top of rice and simmer, covered, until chicken is cooked through, 10 to 12 minutes.
- ☐ Mix yogurt, mint, and cilantro together in a small bowl. Set eggs into pan with chicken and serve with yogurt on the side.

Nutrition Facts



Properties

Glycemic Index:37.3, Glycemic Load:23.42, Inflammation Score:-5, Nutrition Score:24.337825920271%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 763.3kcal (38.17%), Fat: 45g (69.23%), Saturated Fat: 11.72g (73.25%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 43.05g (15.66%), Sugar: 4.25g (4.73%), Cholesterol: 336.38mg (112.13%), Sodium: 815.83mg (35.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.01g (84.02%), Selenium: 56.1µg (80.14%), Manganese: 1.09mg (54.46%), Phosphorus: 502.58mg (50.26%), Vitamin B3: 9.88mg (49.39%), Vitamin B6: 0.86mg (43.12%), Vitamin B5: 3.29mg (32.93%), Vitamin B2: 0.55mg (32.5%), Vitamin B12: 1.79µg (29.9%), Zinc: 3.91mg (26.08%), Potassium: 667.07mg (19.06%), Magnesium: 67.61mg (16.9%), Calcium: 157.65mg (15.76%), Iron: 2.81mg (15.6%), Vitamin B1: 0.22mg (14.95%), Vitamin E: 2.16mg (14.39%), Copper: 0.26mg (13.17%), Vitamin A: 542.74IU (10.85%), Folate: 40.05µg (10.01%), Vitamin K: 10.26µg (9.77%), Fiber: 2.42g (9.68%), Vitamin D: 1µg (6.69%), Vitamin C: 3.43mg (4.16%)