



Spiced Chicken Thighs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon ground cumin
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon paprika smoked
- 0.3 teaspoon salt
- 1.5 lb chicken thighs boneless skinless
- 14.5 oz canned tomatoes diced with garlic, undrained canned

Equipment

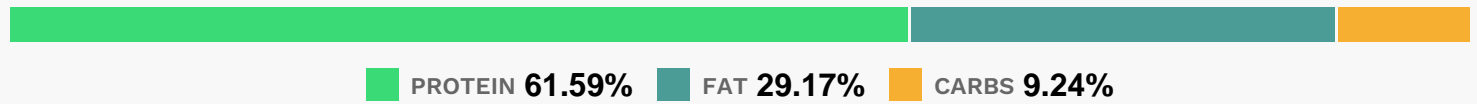
- bowl

frying pan

Directions

- In small bowl, mix cumin, thyme, paprika, and salt. Rub mixture over chicken.
- Spray 12-inch skillet with cooking spray; heat over medium-high heat.
- Add chicken; cook 2 minutes. Turn chicken over; stir in tomatoes.
- Heat to boiling; reduces heat. Cover; simmer 10 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165F). Uncover; cook 1 minute longer or until liquid is reduced by half.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:14.423043365064%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 227.95kcal (11.4%), Fat: 7.08g (10.9%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.41g (2.67%), Cholesterol: 161.59mg (53.86%), Sodium: 455.6mg (19.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.65g (67.29%), Selenium: 38.47µg (54.96%), Vitamin B3: 9.54mg (47.71%), Vitamin B6: 0.76mg (38.21%), Phosphorus: 320.38mg (32.04%), Vitamin B5: 2.05mg (20.48%), Vitamin B12: 1.09µg (18.14%), Vitamin B2: 0.31mg (18.01%), Zinc: 2.61mg (17.42%), Potassium: 428.46mg (12.24%), Iron: 2.18mg (12.11%), Vitamin A: 590.08IU (11.8%), Vitamin B1: 0.16mg (10.37%), Magnesium: 40.89mg (10.22%), Copper: 0.1mg (5.04%), Calcium: 50.14mg (5.01%), Vitamin K: 5.15µg (4.9%), Fiber: 0.94g (3.76%), Vitamin C: 2.27mg (2.75%), Vitamin E: 0.39mg (2.58%), Manganese: 0.04mg (2.21%), Folate: 7.06µg (1.77%)