



Spiced Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 pounds chicken thighs
- ☐ 0.3 teaspoon curry powder
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 teaspoons garam masala
- ☐ 0.8 teaspoon olive oil
- ☐ 1 cup onion vertically sliced

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

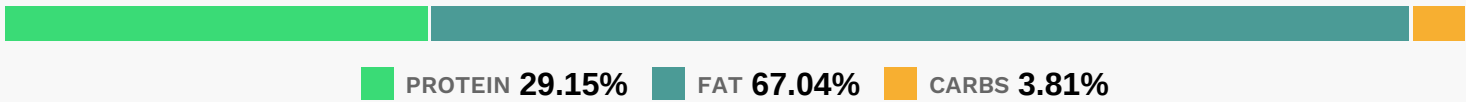
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a 12-inch nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Remove from pan.
- ☐ Combine garam masala, salt, and curry powder; sprinkle evenly over chicken.
- ☐ Add chicken to pan; cook over medium-high heat 4 minutes on each side or until browned.
- ☐ Add wine and vinegar; cook 30 seconds, scraping pan to loosen browned bits.
- ☐ Add onion and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until chicken is done; stir in parsley.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:20.928695253704%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 603.03kcal (30.15%), Fat: 43.43g (66.82%), Saturated Fat: 11.55g (72.2%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.81g (2.01%), Cholesterol: 250.04mg (83.35%), Sodium: 723.9mg (31.47%), Alcohol: 1.58g (100%), Alcohol %: 0.52% (100%), Protein: 42.49g (84.98%), Selenium: 49.19µg (70.27%), Vitamin B3: 12.26mg (61.28%), Vitamin K: 55.29µg (52.66%), Vitamin B6: 0.94mg (46.76%), Phosphorus: 423.75mg (42.37%), Vitamin B12: 1.75µg (29.11%), Vitamin B5: 2.72mg (27.22%), Zinc: 3.31mg (22.06%), Vitamin B2: 0.36mg (21.34%), Potassium: 620.02mg (17.71%), Vitamin B1: 0.21mg (14.27%), Magnesium: 55.17mg (13.79%), Iron: 2.14mg (11.87%), Vitamin A: 453.77IU (9.08%), Vitamin C: 7mg (8.49%), Copper: 0.16mg (8.15%), Manganese: 0.11mg (5.65%), Folate: 20.57µg (5.14%), Vitamin E: 0.7mg (4.68%), Fiber: 1.01g (4.03%), Calcium: 37.26mg (3.73%), Vitamin D: 0.26µg (1.7%)