



## Spiced Chicken with Brown Butter

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 stick butter at room temperature
- ☐ 0.5 teaspoon ground pepper
- ☐ 8 strips.
- ☐ 5 cloves garlic minced
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 4 teaspoons paprika
- ☐ 4 servings salt and pepper

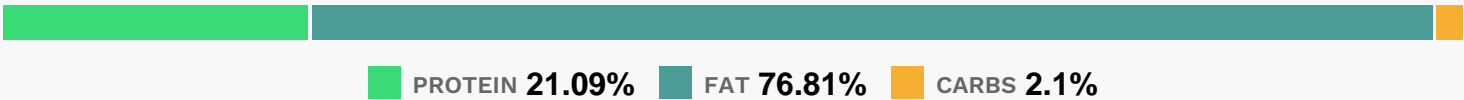
# Equipment

- ☐ bowl
- ☐ broiler

# Directions

- ☐ Season the chicken thighs generously with salt and pepper and set aside. Preheat a broiler.
- ☐ In a small bowl, combine the spices, garlic, and butter. Beat the mixture until the spices are completely incorporated.
- ☐ Lay the chicken pieces skin-side up in a broiler-proof dish which will collect the spicy brown butter as it melts. Rub the spiced butter all over the chicken skin so all the pieces are thoroughly covered.
- ☐ Cook the chicken about 5 inches from the broiler until the skin is crisp and slightly blackened, 7-10 minutes, then flip and cook the other side for 5 minutes more until the chicken is cooked through. Throughout the cooking, spoon the brown butter in the bottom of the dish over the pieces to baste them.
- ☐ Flip the chicken pieces back over and cook for a minute longer to crisp the skin.
- ☐ Serve with rice and the extra brown butter spooned over everything.

# Nutrition Facts



# Properties

Glycemic Index:33, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:19.016086821971%

# Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 714.76kcal (35.74%), Fat: 61.08g (93.97%), Saturated Fat: 24.72g (154.47%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.6g (0.95%), Sugar: 0.31g (0.34%), Cholesterol: 282.22mg (94.07%), Sodium: 553.38mg (24.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.47%), Selenium: 43.41µg (62.01%), Vitamin

B3: 10.81mg (54.06%), Vitamin B6: 0.88mg (43.79%), Vitamin A: 1984.39IU (39.69%), Phosphorus: 383.64mg (38.36%), Vitamin B12: 1.49µg (24.91%), Vitamin B5: 2.4mg (24%), Zinc: 3.06mg (20.39%), Vitamin B2: 0.34mg (20.22%), Potassium: 560.01mg (16%), Iron: 2.77mg (15.4%), Magnesium: 53.7mg (13.42%), Vitamin B1: 0.19mg (12.74%), Vitamin E: 1.82mg (12.15%), Manganese: 0.18mg (8.95%), Vitamin K: 8.65µg (8.24%), Copper: 0.16mg (7.77%), Calcium: 49.57mg (4.96%), Fiber: 1.16g (4.64%), Folate: 9.09µg (2.27%), Vitamin C: 1.56mg (1.89%), Vitamin D: 0.23µg (1.51%)