



Spicy Chicken Thighs with Rhubarb-Cucumber Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 2 garlic clove
- ☐ 1 tablespoon honey
- ☐ 4 servings kosher salt
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.3 cup olive oil

- ☐ 2 spring onion white green divided thinly sliced
- ☐ 1 tablespoon soya sauce
- ☐ 1 thai chile with seeds, stemmed
- ☐ 6 large chicken thighs bone-in
- ☐ 1 tablespoon vegetable oil

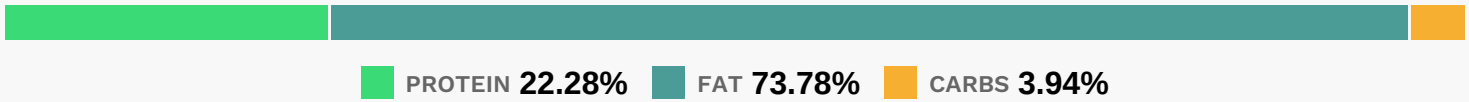
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 500°F. Line a baking sheet with foil. Pulse chile, garlic, and white parts of scallions in a food processor until finely chopped. With machine running, drizzle in soy sauce, then olive oil; process until emulsion forms.
- ☐ Transfer sauce to a bowl.
- ☐ Place chicken thighs, skin side up, on a work surface and slash each crosswise at 3/4" intervals down to the bone. Season lightly with salt.
- ☐ Place on prepared baking sheet and brush with sauce.
- ☐ Bake until skin is crisp and an instant-read thermometer inserted into thickest part of thigh registers 165°F, 20–25 minutes. Broil on high for an additional 2–3 minutes for crispier skin, if desired.
- ☐ Let rest for 5–10 minutes.
- ☐ Meanwhile, toss rhubarb, next 5 ingredients, and green parts of scallions in a medium bowl to coat. Season to taste with salt and pepper and let stand for at least 10 minutes to allow flavors to meld.
- ☐ Serve chicken with rhubarb salsa alongside.
- ☐ Per serving: 460 calories, 39 g fat, 1 g fiber

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:2.54, Inflammation Score:-4, Nutrition Score:17.514347745025%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 648.22kcal (32.41%), Fat: 52.94g (81.45%), Saturated Fat: 12.09g (75.58%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 6.04g (2.2%), Sugar: 4.62g (5.13%), Cholesterol: 212.41mg (70.81%), Sodium: 614.77mg (26.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.93%), Selenium: 40.89µg (58.41%), Vitamin B3: 10.32mg (51.62%), Vitamin B6: 0.78mg (39.09%), Vitamin K: 37.86µg (36.05%), Phosphorus: 354.68mg (35.47%), Vitamin B12: 1.39µg (23.12%), Vitamin B5: 2.25mg (22.51%), Zinc: 2.8mg (18.64%), Vitamin E: 2.77mg (18.47%), Vitamin B2: 0.31mg (17.98%), Potassium: 495.12mg (14.15%), Vitamin B1: 0.17mg (11.45%), Magnesium: 45.65mg (11.41%), Iron: 1.83mg (10.16%), Vitamin A: 373.99IU (7.48%), Copper: 0.14mg (6.78%), Manganese: 0.12mg (5.99%), Vitamin C: 4.36mg (5.28%), Folate: 12.86µg (3.21%), Calcium: 27.94mg (2.79%), Vitamin D: 0.22µg (1.44%), Fiber: 0.33g (1.33%)