



## Spicy Orange Marinated Chicken

 **Gluten Free**  **Dairy Free**

READY IN



160 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups orange juice from 3 to 4 navel oranges freshly squeezed peeled chopped
- 1.5 cups onion chopped
- 0.5 ounce-can of chipotle chili peppers in adobo
- 3 cloves garlic chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon rosemary leaves dried fresh chopped (or 1 teaspoon)
- 1 Tbsp thyme leaves dried fresh (or 1 teaspoon)
- 1 Tbsp oregano leaves dried fresh

- 1 teaspoon salt
- 2 tablespoons olive oil extra virgin
- 3 pounds chicken thighs boneless bone-in skinless (4 pounds if buying )
- 1 slices parsley and orange fresh chopped for garnish

## Equipment

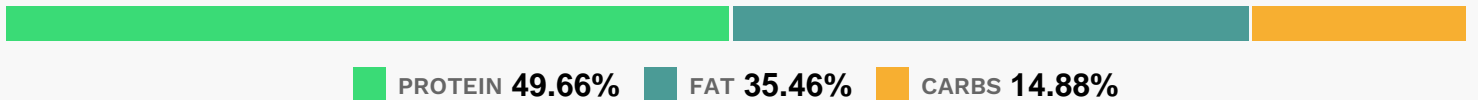
- food processor
- bowl
- frying pan
- paper towels
- blender
- plastic wrap
- wax paper
- rolling pin
- kitchen scissors
- meat tenderizer

## Directions

- Make the marinade: In a blender or food processor, combine the orange juice or chopped oranges, onion, chipotle in adobo, garlic, cilantro, rosemary, thyme, marjoram, and salt.
- Pulse a few times to make a coarse purée.
- Transfer to a large bowl.
- Trim the fat from the chicken thighs: With scissors, snip off the excess fat from the thighs.
- Pound the chicken thighs to even thickness:
- Put the chicken thighs between two sheets of plastic wrap or wax paper and pound with a meat mallet or rolling pin until an even thickness of about 1/2-inch.
- Add the chicken to the bowl of marinade (or transfer both to a zipper freezer bag). Refrigerate 2 hours or overnight.
- Cook the chicken:

- Heat the olive oil in a large cast iron pan or heavy skillet on medium high heat.
- Remove the chicken pieces from the marinade, blotting off the excess (but not all) with a paper towel.
- Working in batches, cook the chicken pieces for 5 minutes on each side, or until browned and cooked through.
- Sprinkle the chicken with chopped cilantro or parsley, garnish with orange wedges and serve with Spanish rice.

## Nutrition Facts



### Properties

Glycemic Index:41.67, Glycemic Load:5.41, Inflammation Score:-9, Nutrition Score:23.771304296411%

### Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

### Nutrients (% of daily need)

Calories: 369.39kcal (18.47%), Fat: 14.25g (21.92%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.2g (4.44%), Sugar: 8.75g (9.72%), Cholesterol: 215.46mg (71.82%), Sodium: 593.08mg (25.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.9g (89.81%), Selenium: 51.76µg (73.95%), Vitamin B3: 13.09mg (65.47%), Vitamin C: 47.43mg (57.49%), Vitamin B6: 1.12mg (55.8%), Phosphorus: 454.21mg (45.42%), Vitamin B5: 2.95mg (29.52%), Vitamin B2: 0.45mg (26.28%), Vitamin B12: 1.45µg (24.19%), Zinc: 3.61mg (24.05%), Potassium: 802.2mg (22.92%), Vitamin B1: 0.3mg (20.11%), Vitamin K: 18.39µg (17.52%), Magnesium: 68.25mg (17.06%), Iron: 2.41mg (13.41%), Folate: 43.57µg (10.89%), Copper: 0.19mg (9.71%), Vitamin A: 385.25IU (7.7%), Manganese: 0.15mg (7.69%), Vitamin E: 1.15mg (7.68%), Fiber: 1.25g (5.01%), Calcium: 48.66mg (4.87%)