



Star Anise Chicken Thighs with Meyer Lemon

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

READY IN



105 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 strips. boneless
- 1 lemon zest quartered
- 2 tablespoons olive oil extra virgin extra-virgin
- 4 servings salt and pepper black
- 6 tablespoons star anise freshly ground

Equipment

- baking sheet
- oven

aluminum foil

Directions

- Adjust the oven rack to the lower-third position, and preheat to 400°F. Meanwhile, cover a large baking sheet with foil.
- Add the chicken pieces and the oil, and toss until each chicken piece is coated in the oil.
- Spread the pieces out in a single layer, skin-side down. Season the tops with salt, pepper, and half of the star anise. Flip the chicken pieces so they are now skin-side up, and once again season with salt, pepper, and the remaining ground star anise.
- Scatter the quartered lemon pieces around the baking sheet.
- Transfer baking sheet to the oven and cook for 20 minutes. Flip the pieces and continue to cook the chicken until it is well browned but not black, about 20 minutes.
- Remove if done. The recipe claimed that you could continue cooking for another 20 minutes, but I'd check the chicken often to make sure it doesn't burn.
- When done, serve the chicken thighs with a squeeze of the roasted Meyer lemons. Some roasted potatoes would be a great side.

Nutrition Facts

PROTEIN 26.07% **FAT 67.67%** **CARBS 6.26%**

Properties

Glycemic Index:7.63, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:26.580435022064%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 756.45kcal (37.82%), Fat: 57.5g (88.46%), Saturated Fat: 13.75g (85.93%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 8.69g (3.16%), Sugar: 0.01g (0.01%), Cholesterol: 276.85mg (92.28%), Sodium: 415.06mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.84g (99.68%), Selenium: 53.95µg (77.08%), Vitamin B3: 13.81mg (69.04%), Iron: 10.25mg (56.95%), Vitamin B6: 1.12mg (55.77%), Phosphorus: 545.39mg (54.54%), Zinc: 4.72mg (31.5%), Vitamin B5: 3.05mg (30.5%), Vitamin B12: 1.81µg (30.13%), Manganese: 0.56mg (28.16%), Potassium: 903.8mg (25.82%), Vitamin B2: 0.44mg (25.78%), Magnesium: 91.95mg (22.99%), Vitamin B1:

0.29mg (19.04%), Copper: 0.35mg (17.45%), Calcium: 168.21mg (16.82%), Fiber: 3.29g (13.17%), Vitamin E: 1.6mg (10.68%), Vitamin K: 10.15µg (9.66%), Vitamin C: 4.86mg (5.89%), Vitamin A: 290.38IU (5.81%), Folate: 10.75µg (2.69%), Vitamin D: 0.28µg (1.88%)