



Sunshine Citrus Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs with skin
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground sage
- ☐ 0.5 lime
- ☐ 0.5 onion into diced
- ☐ 0.5 cranberry-orange relish

Equipment

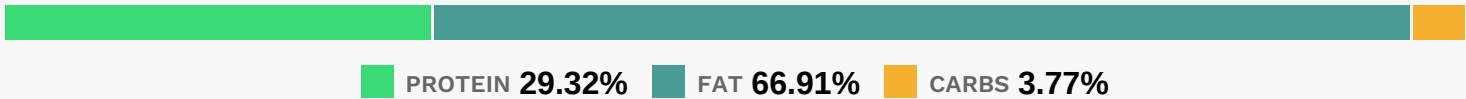
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Season chicken with cumin, sage, salt, and pepper; place into a 9x13 inch glass baking dish skin-side up on top of the onions. Juice the lime and orange, and pour over the chicken.
- ☐ Cut the lime peel into quarters and place in the baking dish.
- ☐ Loosely cover the dish with foil, and bake in preheated oven for 30 minutes.
- ☐ Remove the foil, reduce temperature to 350 degrees F (175 degrees C), and continue cooking until the skin is golden brown, and the chicken is no longer pink, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13.31, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:8.1595651118652%

Flavonoids

Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 255.81kcal (12.79%), Fat: 18.82g (28.96%), Saturated Fat: 5.07g (31.67%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 1.94g (0.71%), Sugar: 1.13g (1.26%), Cholesterol: 110.74mg (36.91%), Sodium: 87.58mg (3.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.11%), Selenium: 21.23µg (30.33%), Vitamin B3: 5.29mg (26.47%), Vitamin B6: 0.4mg (20.16%), Phosphorus: 183.06mg (18.31%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.19mg (11.86%), Zinc: 1.44mg (9.61%), Vitamin B2: 0.16mg (9.15%), Potassium: 263.08mg (7.52%), Vitamin C: 6.09mg (7.39%), Vitamin B1: 0.1mg (6.4%), Magnesium: 23.71mg (5.93%), Iron: 0.89mg (4.94%), Copper: 0.07mg (3.39%), Vitamin K: 2.54µg (2.42%), Vitamin A: 110.75IU (2.21%), Folate: 7.52µg (1.88%), Fiber: 0.45g (1.79%), Vitamin E: 0.27mg (1.78%), Manganese: 0.03mg (1.68%), Calcium: 16.55mg (1.65%)