



Sweet-and-Sour Chicken Thighs with Carrots



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 lb carrots (6 medium)
- ☐ 8 small chicken thighs with skin and bone (2 1/2 to 2 3/4 lb total), trimmed of excess fat
- ☐ 0.8 teaspoon cinnamon
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons mild honey

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 1 large onion halved lengthwise
- ☐ 1.3 teaspoons paprika
- ☐ 2 teaspoons salt
- ☐ 0.5 cup water

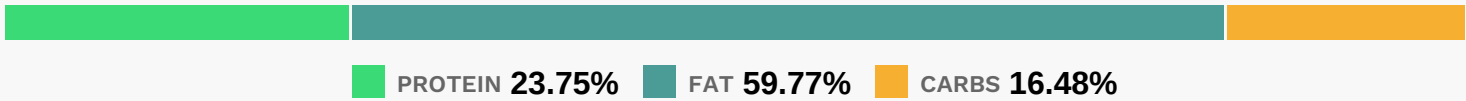
Equipment

- ☐ frying pan

Directions

- ☐ Pat chicken dry. Stir together 1 1/2 teaspoons salt with paprika, cinnamon, and pepper and rub onto chicken.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken in 2 batches, turning over once, about 10 minutes per batch.
- ☐ Transfer chicken as browned to a plate.
- ☐ Discard all but 3 tablespoons fat from skillet, then add onion and carrots.
- ☐ Sprinkle with remaining 1/2 teaspoon salt and pepper to taste and cook over moderate heat, stirring occasionally, until onion is softened and beginning to brown, 8 to 10 minutes.
- ☐ Add garlic and cook, stirring occasionally, 1 minute.
- ☐ Return chicken, skin sides up, to skillet, nestling it into vegetables. Stir together water, lemon juice, and honey until blended and add to skillet, then cook over moderately low heat, covered, until chicken is cooked through and carrots are tender, 25 to 30 minutes. If necessary, skim fat from sauce, then add salt to taste.
- ☐ Sprinkle with herbs just before serving.

Nutrition Facts



Properties

Glycemic Index:68.03, Glycemic Load:9.32, Inflammation Score:-10, Nutrition Score:27.492608930754%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 647.78kcal (32.39%), Fat: 43.26g (66.55%), Saturated Fat: 10.93g (68.29%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 22.35g (8.13%), Sugar: 16.09g (17.88%), Cholesterol: 221.48mg (73.83%), Sodium: 1420.46mg (61.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.67g (77.34%), Vitamin A: 19523.89IU (390.48%), Selenium: 43.3µg (61.85%), Vitamin B3: 11.79mg (58.97%), Vitamin B6: 1.05mg (52.58%), Phosphorus: 418.63mg (41.86%), Vitamin K: 40.83µg (38.89%), Vitamin B5: 2.73mg (27.28%), Potassium: 943.67mg (26.96%), Vitamin B12: 1.45µg (24.11%), Vitamin B2: 0.39mg (23.2%), Zinc: 3.29mg (21.95%), Vitamin C: 18.04mg (21.87%), Manganese: 0.44mg (21.81%), Vitamin B1: 0.27mg (18.29%), Fiber: 4.48g (17.92%), Magnesium: 65.04mg (16.26%), Vitamin E: 2.22mg (14.77%), Iron: 2.35mg (13.05%), Copper: 0.22mg (10.77%), Folate: 40.78µg (10.2%), Calcium: 82.31mg (8.23%), Vitamin D: 0.23µg (1.51%)