



HEALTH SCORE

66%

Throwdown's Country Captain Chicken



Very Healthy

READY IN



125 min.

SERVINGS



4

CALORIES



1509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ancho chili powder
- ☐ 1 teaspoon ground chili de arbol
- ☐ 6 slices bacon diced
- ☐ 1 large bell pepper halved seeded thinly sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes drained coarsely chopped well canned
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons canola oil

- ☐ 2 cups chicken stock see homemade
- ☐ 0.3 cup currants
- ☐ 1 cup cooking wine dry white
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh plus more for garnish coarsely chopped
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic thinly sliced
- ☐ 4 green onions thinly sliced
- ☐ 1 teaspoon ground cardamom
- ☐ 1 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons fennel powder
- ☐ 1 teaspoon ground pepper black
- ☐ 2 teaspoons ground turmeric
- ☐ 4 servings honey
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup onion diced spanish finely
- ☐ 1 medium onion spanish halved thinly sliced
- ☐ 2 cups rice long-grain
- ☐ 4 servings coconut rice with green onions, recipe above
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 serrano chile diced finely
- ☐ 8 chicken thighs bone-in skinless
- ☐ 4 servings slivered almonds lightly toasted chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons butter unsalted
- ☐ 13 ounce coconut milk unsweetened canned
- ☐ 1 cup water

- ☐ 2 teaspoons mesa curry mix
- ☐ 2 teaspoons mesa curry mix

Equipment

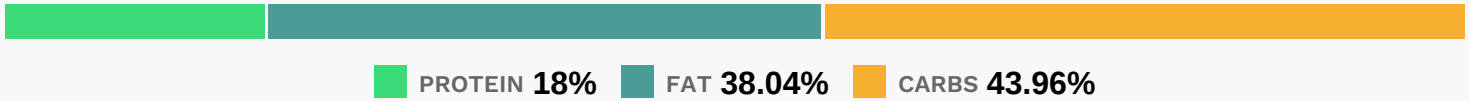
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the butter in a medium saucepan over high heat.
- ☐ Add the onion and cook until soft, about 2 minutes.
- ☐ Add the rice and stir to coat the grains in the butter.
- ☐ Add the coconut milk, water, salt and pepper and bring to a boil, stir once, cover the pot, reduce the heat to medium-low and cook until tender, about 16 minutes.
- ☐ Remove from the heat and let the rice sit, covered for 5 minutes.
- ☐ Remove the lid, fluff with a fork and fold in the green onion.
- ☐ Let sit 5 minutes before serving.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Heat the oil in a large, high sided saute pan over medium-high heat.
- ☐ Add the bacon and cook until golden brown and crisp.
- ☐ Remove with a slotted spoon to a plate lined with paper towels.
- ☐ Add the butter and 1 tablespoon of canola to the rendered bacon fat in the pan and heat until it begins to shimmer.

- ☐ Put the flour in a shallow bowl and season liberally with salt and pepper. Season the chicken on both sides with salt and pepper, dredge in the flour and tap off any excess. Sear the chicken on both sides until golden brown.
- ☐ Remove to plate.
- ☐ Add the onion and bell pepper to the pan, season with salt and pepper and cook until soft, about 5 minutes.
- ☐ Add the garlic and the serrano and cook for 1 minute. Stir in the curry powder and cook for 1 minute.
- ☐ Add the wine and cook until reduced by 3/4
- ☐ Add the chicken stock, bring to a simmer and reduce slightly. Stir in the tomatoes, currants or raisins, thyme, 2 teaspoons of honey and season with a little salt and pepper and bring to a simmer. Nestle the chicken thighs into the pan, cover with a tight fitting lid and bake in the oven for 35 minutes.
- ☐ Remove the lid after 35 minutes and continue to bake an additional 15 minutes.
- ☐ Remove the chicken to a platter and tent slightly to keep warm.
- ☐ Put the pan and sauce back on the burner over high heat and bring to a boil.
- ☐ Let the sauce reduce slightly, then season with salt, pepper, and honey, to taste. Stir in the parsley. Spoon the sauce over the chicken and top with the bacon, almonds and more parsley.
- ☐ Serve with Coconut Rice with Green Onions.
- ☐ Combine all the spices in a small bowl.

Nutrition Facts



Properties

Glycemic Index:161.11, Glycemic Load:81.35, Inflammation Score:-10, Nutrition Score:64.6986954575%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Hesperetin: 0.24mg,

Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg

Nutrients (% of daily need)

Calories: 1508.65kcal (75.43%), Fat: 63g (96.92%), Saturated Fat: 32.79g (204.96%), Carbohydrates: 163.76g (54.59%), Net Carbohydrates: 148.52g (54.01%), Sugar: 30.28g (33.64%), Cholesterol: 241.76mg (80.58%), Sodium: 1857.18mg (80.75%), Alcohol: 6.18g (100%), Alcohol %: 0.74% (100%), Protein: 67.08g (134.15%), Manganese: 7.54mg (377%), Vitamin K: 152.68µg (145.41%), Selenium: 94.78µg (135.4%), Vitamin B3: 23.88mg (119.39%), Vitamin C: 92.74mg (112.41%), Vitamin B6: 2mg (100.21%), Vitamin A: 4723.47IU (94.47%), Phosphorus: 876.52mg (87.65%), Iron: 13.5mg (75.02%), Vitamin B1: 1.03mg (68.63%), Copper: 1.3mg (65.14%), Potassium: 2260.39mg (64.58%), Vitamin B2: 1.06mg (62.42%), Fiber: 15.25g (60.99%), Magnesium: 221.42mg (55.35%), Vitamin E: 8.16mg (54.39%), Folate: 199.34µg (49.83%), Vitamin B5: 4.85mg (48.48%), Zinc: 7.19mg (47.91%), Calcium: 264.73mg (26.47%), Vitamin B12: 1.49µg (24.81%), Vitamin D: 0.29µg (1.93%)