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## Crispy Chicken Thighs with White Beans

This recipe features crispy chicken thighs served with white beans. It is a delicious and hearty dish that can be enjoyed for lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 40 mins

**Total Time:** 55 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|               |                |
|---------------|----------------|
| <b>800 g</b>  | Chicken Thighs |
| <b>400 g</b>  | White Beans    |
| <b>2 tbsp</b> | olive oil      |
| <b>1 tsp</b>  | salt           |
| <b>1 tsp</b>  | black pepper   |

|               |                |
|---------------|----------------|
| <b>1 tsp</b>  | garlic powder  |
| <b>1 tsp</b>  | paprika        |
| <b>1 tsp</b>  | onion powder   |
| <b>1 tsp</b>  | dried thyme    |
| <b>1 tsp</b>  | dried rosemary |
| <b>1 c</b>    | chicken broth  |
| <b>2 tbsp</b> | fresh parsley  |

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a small bowl, mix together salt, black pepper, garlic powder, paprika, onion powder, dried thyme, and dried rosemary.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Seasoning

Season the chicken thighs with the spice mixture, ensuring they are evenly coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Frying

Heat olive oil in an oven-safe skillet over medium-high heat. Place the chicken thighs skin-side down and cook for 5 minutes until the skin is crispy and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 5

#### Oven

Flip the chicken thighs and transfer the skillet to the preheated oven. Bake for 25-30 minutes until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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### Step 6

## Stove

While the chicken is baking, heat a separate skillet over medium heat. Add white beans and chicken broth, and cook for 10 minutes until the beans are heated through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 7

### Serving

Serve the crispy chicken thighs with the white beans. Garnish with fresh parsley.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 10 g

## Nutrition Facts

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## Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 25 g  | 147.06%                | 147.06%                  |

## Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g  | 18.18%                 | 20%                      |
| Fibers        | 3 g   | 7.89%                  | 12%                      |
| Sugars        | 1 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|--------|------------------------|--------------------------|
| Monounsaturated Fat | 8 g    | N/A                    | N/A                      |
| Saturated Fat       | 4 g    | 18.18%                 | 23.53%                   |
| Fat                 | 20 g   | 71.43%                 | 80%                      |
| Cholesterol         | 120 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

|             |        |          |          |
|-------------|--------|----------|----------|
| Vitamin A   | 10 iu  | 1.11%    | 1.43%    |
| Vitamin C   | 2 mg   | 2.22%    | 2.67%    |
| Vitamin B6  | 20 mg  | 1538.46% | 1538.46% |
| Vitamin B12 | 15 mcg | 625%     | 625%     |
| Vitamin E   | 6 mg   | 40%      | 40%      |
| Vitamin D   | 0 mcg  | 0%       | 0%       |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 500 mg | 21.74%                 | 21.74%                   |
| Calcium   | 4 mg   | 0.4%                   | 0.4%                     |
| Iron      | 10 mg  | 125%                   | 55.56%                   |
| Potassium | 400 mg | 11.76%                 | 15.38%                   |
| Zinc      | 15 mg  | 136.36%                | 187.5%                   |
| Selenium  | 30 mcg | 54.55%                 | 54.55%                   |

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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