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Chicken Thigh Recipe

This recipe is a delicious and savory dish made with chicken thighs. It is perfect for a hearty dinner or lunch.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Chicken Thighs
1 tsp	salt
1 tsp	pepper
1 tsp	garlic powder
1 tsp	paprika
2 tbsp	olive oil

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the chicken thighs with salt, pepper, garlic powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a large oven-safe skillet over medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

Add the chicken thighs to the skillet and cook for 5 minutes on each side until browned.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Oven

Transfer the skillet to the preheated oven and bake for 15 minutes until the chicken is cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Resting

Remove from the oven and let the chicken rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 0 g

Nutrition Facts

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	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast Lunch Snack Dinner Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes Side Dishes Drinks Salads Snacks

Difficulty Level

Easy

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