

# Creamy Chicken Thighs

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indonesian-chicken-thighs-recipe>

## Ingredients:

- 2 pounds chicken thighs skin-on, drumsticks or breasts work, too
- 2 tablespoons olive oil
- 1 medium onion
- 1/2 teaspoon red pepper flakes
- 1/2 cup roasted peppers cut into thin strips, see note
- 1 cup half & half
- 4 cups baby spinach
- 3/4 cup Parmesan cheese
- salt
- pepper
- fresh parsley to garnish, optional

## Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 225 milligrams
4. Fat: 53 grams
5. Fiber: 2 grams
6. Protein: 49 grams
7. SaturatedFat: 17 grams
8. Sodium: 960 milligrams
9. Sugar: 1 grams

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