

Mediterranean Chicken Thighs

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mediterranean-chicken-recipes>

Ingredients:

- 8 chicken thighs
- salt
- pepper
- olive oil
- 1 1/2 pounds potatoes scrubbed and cut into small chunks
- 1 pint cherry tomatoes
- 10 ounces roasted red peppers, drained and sliced
- 1/4 cup capers drained
- 8 cloves garlic peeled and crushed
- 5 sprigs fresh oregano or 1 teaspoon dried oregano
- 3 tablespoons chopped parsley finely, optional

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 150 milligrams
4. Fat: 33 grams
5. Fiber: 8 grams
6. Protein: 37 grams
7. SaturatedFat: 8 grams
8. Sodium: 1570 milligrams
9. Sugar: 4 grams

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