

Roasted Chicken Thighs with Citrus and Fennel

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-citrus-chicken-recipe-food-and-wine>

Ingredients:

- 8 bone in chicken thighs
- 1/4 cup olive oil plus extra for searing the chicken
- 1/4 cup Dijon mustard
- 1/2 cup white wine
- 4 whole citrus : lemon, orange, and or grapefruit sliced into 1/4-inch rounds
- 2 fennel bulbs large, tops removed, cut into 6 wedges each
- salt
- pepper

Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 350 milligrams
4. Fat: 66 grams
5. Fiber: 5 grams
6. Protein: 79 grams
7. SaturatedFat: 15 grams
8. Sodium: 590 milligrams
9. Sugar: 1 grams

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