



Asian-Glazed Chicken Thighs

 **Gluten Free**  **Dairy Free**

READY IN



112 min.

SERVINGS



6

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 chicken thighs bone-in
- 1.5 tablespoons chile paste (such sambal oelek)
- 2 tablespoons sesame oil dark
- 10 garlic cloves minced
- 3 tablespoons honey
- 0.3 cup lower-sodium soy sauce
- 0.3 cup rice vinegar
- 0.5 teaspoon salt

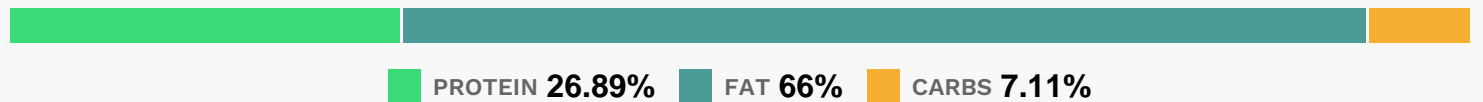
Equipment

- sauce pan
- oven
- roasting pan
- ziploc bags

Directions

- Combine vinegar, soy sauce, honey, sesame oil, chile paste, and garlic, stirring until honey dissolves.
- Pour vinegar mixture into a zip-top plastic bag.
- Add chicken to bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
- Remove chicken from bag, reserving marinade.
- Preheat oven to 42
- Place reserved marinade in a small saucepan over medium-high heat; bring to a boil. Cook for 2 minutes or until syrupy, stirring occasionally.
- Place chicken on a rack coated with cooking spray, and place rack in a roasting pan. Baste chicken with reserved marinade; sprinkle evenly with salt.
- Bake at 425 for 10 minutes; baste.
- Bake an additional 10 minutes; baste. Discard remaining marinade.
- Bake an additional 10 minutes or until done.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:4.98, Inflammation Score:-3, Nutrition Score:20.463043295819%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 726.3kcal (36.31%), Fat: 52.74g (81.14%), Saturated Fat: 13.61g (85.09%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 12.56g (4.57%), Sugar: 9.09g (10.1%), Cholesterol: 283.22mg (94.41%), Sodium: 801.17mg (34.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.34g (96.69%), Selenium: 55.01µg (78.58%), Vitamin B3: 13.65mg (68.27%), Vitamin B6: 1.08mg (53.96%), Phosphorus: 484.97mg (48.5%), Vitamin B12: 1.85µg (30.83%), Vitamin B5: 3.01mg (30.07%), Zinc: 3.79mg (25.24%), Vitamin B2: 0.42mg (24.66%), Potassium: 670.48mg (19.16%), Magnesium: 64.33mg (16.08%), Vitamin B1: 0.23mg (15.45%), Iron: 2.25mg (12.48%), Manganese: 0.19mg (9.58%), Copper: 0.18mg (8.88%), Vitamin K: 6.84µg (6.51%), Vitamin E: 0.73mg (4.87%), Vitamin A: 233.83IU (4.68%), Calcium: 37.76mg (3.78%), Folate: 14.1µg (3.53%), Vitamin C: 2.25mg (2.73%), Vitamin D: 0.29µg (1.93%)