



Asian-Glazed Chicken Thighs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



871 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon garlic
- ☐ 0.3 cup honey
- ☐ 0.8 cup orange juice fresh
- ☐ 2 orange zest finely grated
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 8 ounces rice noodles

- ☐ 4 scallions thinly sliced for garnish
- ☐ 2 tablespoons sesame oil toasted
- ☐ 3 tablespoons soya sauce

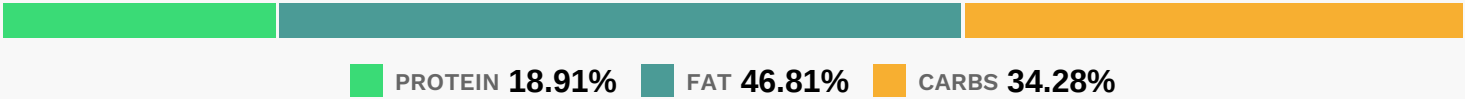
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ The day before serving, rinse the chicken and pat dry.
- ☐ Place in a bowl.
- ☐ Combine the next 8 ingredients to make a marinade; toss with the chicken to coat. Cover and refrigerate for 4 to 6 hours, or overnight.
- ☐ Thirty minutes before cooking, remove the chicken from the refrigerator and preheat the oven to 350°F. Arrange the chicken in a large, shallow roasting pan and season with salt and pepper to taste.
- ☐ Pour the marinade over the chicken.
- ☐ Bake the chicken until it's golden brown and cooked through, basting frequently, about 45 minutes.
- ☐ Meanwhile, bring a large pot of water to a boil. Turn off the heat and stir in the rice noodles.
- ☐ Let soak until tender, about 7 minutes.
- ☐ Drain, rinse under warm water, and drain again.
- ☐ Divide the noodles between 4 bowls.
- ☐ Place 2 chicken thighs in each bowl and spoon the pan sauce over the top.
- ☐ Garnish with scallions and serve immediately.
- ☐ Serves
- ☐ Per serving: 670 calories, 75g carbohydrates, 34g protein, 26g fat, 115mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:63.57, Glycemic Load:38.92, Inflammation Score:-6, Nutrition Score:23.069565140683%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 871.03kcal (43.55%), Fat: 45.04g (69.29%), Saturated Fat: 11.23g (70.17%), Carbohydrates: 74.22g (24.74%), Net Carbohydrates: 72g (26.18%), Sugar: 21.87g (24.3%), Cholesterol: 221.48mg (73.83%), Sodium: 1037.35mg (45.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.95g (81.89%), Selenium: 51.6µg (73.72%), Vitamin B3: 11.52mg (57.62%), Phosphorus: 479.86mg (47.99%), Vitamin B6: 0.88mg (44.12%), Vitamin C: 34.48mg (41.8%), Vitamin K: 30.75µg (29.29%), Vitamin B5: 2.53mg (25.34%), Vitamin B12: 1.45µg (24.11%), Manganese: 0.47mg (23.41%), Zinc: 3.47mg (23.13%), Vitamin B2: 0.37mg (21.73%), Potassium: 676.51mg (19.33%), Vitamin B1: 0.25mg (16.88%), Magnesium: 65.84mg (16.46%), Iron: 2.71mg (15.03%), Copper: 0.23mg (11.62%), Vitamin A: 451.36IU (9.03%), Fiber: 2.22g (8.88%), Folate: 35.05µg (8.76%), Calcium: 59.98mg (6%), Vitamin E: 0.73mg (4.84%), Vitamin D: 0.23µg (1.51%)