



## Asian Grilled Chicken

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

READY IN



280 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup brown sugar
- 1 teaspoon sriracha sriracha® (such as )
- 0.3 teaspoon curry powder
- 3 cloves garlic minced
- 2 tablespoons juice of lime
- 2 tablespoons orange juice
- 4 chicken thighs boneless skinless
- 0.3 cup soya sauce

1 tablespoon chilli sauce sweet thai-style

## Equipment

sauce pan

grill

## Directions

Place the soy sauce, brown sugar, lime juice, orange juice, sweet chili sauce, chili-garlic sauce, garlic, and curry powder in a large plastic zipper bag. Seal and knead the bag with your fingers to mix all the ingredients and dissolve the sugar.

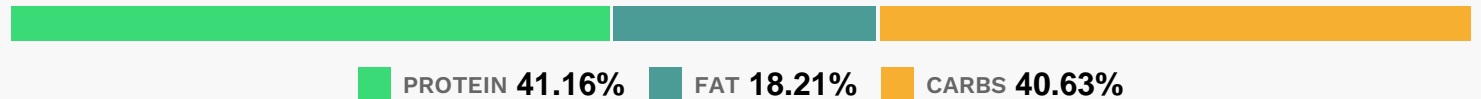
Place the chicken thighs into the marinade, squeeze out the air from the bag, zip the bag closed, and refrigerate for 4 hours or overnight.

Preheat an outdoor grill for medium-low heat; lightly oil the grate.

Remove the chicken from the bag, pour the excess marinade into a small saucepan, and bring to a full boil for about 1 minute to sterilize the marinade.

Grill the chicken thighs until they are no longer pink in the middle and show grill marks, about 25 minutes, basting them generously with the sterilized marinade as they grill.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:11.071304274642%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 235.4kcal (11.77%), Fat: 4.74g (7.29%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 23.42g (8.52%), Sugar: 21.23g (23.59%), Cholesterol: 107.35mg (35.78%), Sodium: 1290.26mg

(56.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.2%), Selenium: 26.27µg (37.53%), Vitamin B3: 7.16mg (35.8%), Vitamin B6: 0.58mg (29.23%), Phosphorus: 243.55mg (24.36%), Vitamin B5: 1.49mg (14.92%), Vitamin B2: 0.24mg (13.88%), Zinc: 1.85mg (12.32%), Vitamin B12: 0.72µg (12.05%), Potassium: 378.95mg (10.83%), Magnesium: 37.79mg (9.45%), Iron: 1.59mg (8.85%), Vitamin C: 7.22mg (8.75%), Manganese: 0.17mg (8.59%), Vitamin B1: 0.13mg (8.5%), Copper: 0.11mg (5.58%), Calcium: 35.91mg (3.59%), Vitamin K: 3.49µg (3.33%), Folate: 11.74µg (2.94%), Vitamin E: 0.25mg (1.68%), Fiber: 0.37g (1.47%)