



Bourbon Chicken

 Popular

READY IN



45 min.

SERVINGS



3

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup diet cherry coke (optional cherry coke or cherry pepsi)
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 cup ketjap manis sweet thick (Indonesian & soy sauce)
- ☐ 0.5 teaspoon liquid smoke
- ☐ 1 tablespoon rice vinegar
- ☐ 1 teaspoon salt
- ☐ 1.5 lbs chicken thighs boneless skinless cut into bite-sized chunks

- ☐ 0.3 cup splenda® brown sugar blend (optional brown sugar or palm sugar)
- ☐ 3 tablespoons butter unsalted

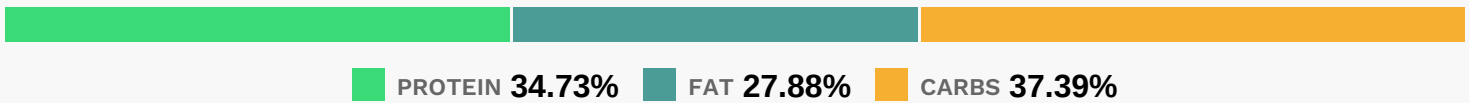
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix ingredients for sauce in a small bowl.2
- ☐ Saute chicken in butter in a large skillet, until nicely browned, being careful not to burn the butter.3
- ☐ Add the sauce and stir, bringing to a boil.4 Reduce heat and cook, stirring, 20–25 minutes or until sauce has thickened and chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:22.26782611142%

Nutrients (% of daily need)

Calories: 595.25kcal (29.76%), Fat: 17.3g (26.61%), Saturated Fat: 8.52g (53.23%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 51.91g (18.88%), Sugar: 43.42g (48.24%), Cholesterol: 175.25mg (58.42%), Sodium: 1739.74mg (75.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.47g (96.94%), Vitamin B3: 23.79mg (118.96%), Selenium: 73.54µg (105.06%), Vitamin B6: 1.71mg (85.42%), Phosphorus: 486.55mg (48.65%), Vitamin B5: 3.26mg (32.58%), Manganese: 0.53mg (26.3%), Potassium: 867.56mg (24.79%), Magnesium: 62.74mg (15.69%), Vitamin B2: 0.24mg (14.32%), Vitamin B1: 0.15mg (9.92%), Zinc: 1.39mg (9.25%), Vitamin A: 420.12IU (8.4%), Vitamin B12: 0.48µg (7.96%), Iron: 1.15mg (6.41%), Vitamin E: 0.76mg (5.06%), Copper: 0.08mg (3.8%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.44µg (2.91%), Folate: 9.72µg (2.43%), Calcium: 19.68mg (1.97%), Vitamin K: 1.99µg (1.9%), Fiber: 0.27g (1.09%)