

Caramel Chicken



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice white cooked (for serving)
- ☐ 8 garlic clove peeled
- ☐ 4 servings kosher salt
- ☐ 0.3 cup brown sugar light packed ()
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.3 cup soy sauce reduced-sodium
- ☐ 2 spring onion thinly sliced
- ☐ 2.5 pounds .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs bone-in

- ☐ 0.3 cup rice vinegar ()
- ☐ 2 tablespoons vegetable oil

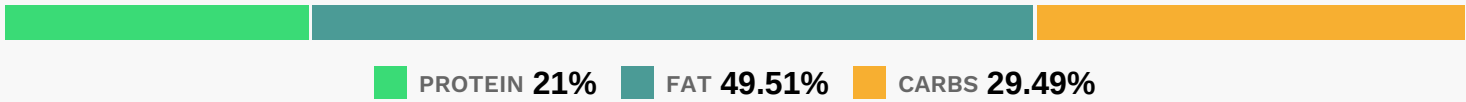
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large wide heavy pot overmedium-high heat. Season chicken with salt and, working in 2 batches, cook untilgolden brown and crisp, 6–8 minutes perside; transfer to a plate.
- ☐ Add garlic to potand cook, stirring often, until golden, about2 minutes; transfer to plate with chicken.
- ☐ Pour off fat from pot.
- ☐ Return pot to medium-high heatand add 1/2 cup water, scraping up brownedbits.
- ☐ Add brown sugar; stir to dissolve,then cook, stirring, until mixture thickensand turns a deep amber color, about4 minutes. Carefully add vinegar (it maybubble up; sugar will crystallize); stir todissolve sugar.
- ☐ Add ginger, broth, and soy sauce, thenadd chicken, skin side up, and garlic.Bring to a boil, reduce heat, and simmergently until chicken is cooked through,20–25 minutes.
- ☐ Transfer chicken to a plate.
- ☐ Bring cooking liquid to a boil and cookuntil thick enough to coat a spoon, about10 minutes. Return chicken to pot; turn tocoat. Top with scallions and serve with rice.
- ☐ Per serving: 490 calories, 18 g fat, 0 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:24.56, Inflammation Score:-4, Nutrition Score:16.933478308761%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 610.54kcal (30.53%), Fat: 33.24g (51.14%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 44.55g (14.85%), Net Carbohydrates: 43.84g (15.94%), Sugar: 18.19g (20.21%), Cholesterol: 150.28mg (50.09%), Sodium: 929.2mg (40.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.43%), Selenium: 36.28µg (51.83%), Vitamin B3: 9.05mg (45.24%), Vitamin B6: 0.7mg (35.22%), Phosphorus: 341.37mg (34.14%), Manganese: 0.6mg (29.86%), Vitamin K: 28.74µg (27.38%), Zinc: 3.05mg (20.32%), Vitamin B5: 2.03mg (20.3%), Vitamin B2: 0.31mg (17.97%), Vitamin B12: 0.96µg (16.07%), Potassium: 527.88mg (15.08%), Magnesium: 56.28mg (14.07%), Iron: 1.94mg (10.78%), Copper: 0.21mg (10.62%), Vitamin B1: 0.16mg (10.36%), Vitamin E: 1.05mg (6.98%), Calcium: 61.06mg (6.11%), Folate: 20.05µg (5.01%), Vitamin A: 209.02IU (4.18%), Vitamin C: 3.32mg (4.03%), Fiber: 0.71g (2.84%), Vitamin D: 0.16µg (1.08%)