



Caramel Chicken

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

READY IN



105 min.

SERVINGS



2

CALORIES



1273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cup chicken broth
- 2 servings rice white as needed cooked for serving ()
- 8 clove garlic peeled ()
- 2 servings kosher salt as needed
- 0.7 cup brown sugar light packed ()
- 0.5 cup soya sauce reduced-sodium
- 2.5 pound skin-on bone-in
- 0.5 cup unseasoned rice vinegar

2 tablespoon vegetable oil

Equipment

pot

aluminum foil

Directions

Heat oil in a large wide heavy pot over medium-high heat. Season chicken with salt and, working in 2 batches, cook until golden brown and crisp, 6–8 minutes per side; transfer to a plate.

Add garlic to pot and cook, stirring often, until golden, about 2 minutes; transfer to plate with chicken.

Pour off fat from pot. Return pot to medium-high heat and add ½ cup water, scraping up browned bits.

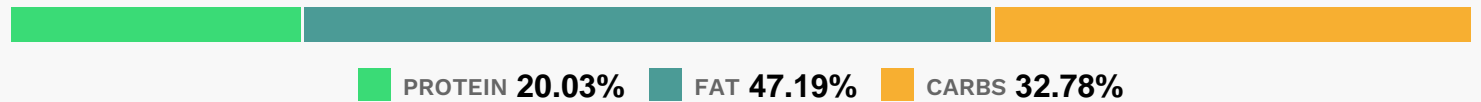
Add brown sugar; stir to dissolve, then cook, stirring, until mixture thickens and turns a deep amber color, about 4 minutes. Carefully add vinegar (it may bubble up; sugar will crystallize); stir to dissolve sugar.

Add ginger, broth, and soy sauce; cook until slightly reduced, about 4 minutes.

Add chicken, skin side up, and garlic. Bring to a boil, reduce heat, and simmer gently until chicken is cooked through, 20–25 minutes.

Transfer chicken to a plate and loosely cover foil to keep warm. Bring cooking liquid to a boil and cook until thick enough to coat a spoon, about 10 to 12 minutes. Return chicken to pot; turn to coat. Top with scallions and serve with rice.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:25.04, Inflammation Score:-6, Nutrition Score:32.463478461556%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin:

0.21mg

Nutrients (% of daily need)

Calories: 1273kcal (63.65%), Fat: 66.11g (101.71%), Saturated Fat: 16.31g (101.93%), Carbohydrates: 103.34g (34.45%), Net Carbohydrates: 102.32g (37.21%), Sugar: 72.65g (80.72%), Cholesterol: 305.26mg (101.75%), Sodium: 3656.75mg (158.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.15g (126.31%), Selenium: 68.26µg (97.51%), Vitamin B3: 17.02mg (85.09%), Vitamin B6: 1.38mg (69.1%), Phosphorus: 673.97mg (67.4%), Manganese: 1.09mg (54.31%), Vitamin B2: 0.77mg (45.34%), Zinc: 5.97mg (39.83%), Vitamin B5: 3.91mg (39.14%), Magnesium: 127.47mg (31.87%), Potassium: 1097.38mg (31.35%), Vitamin K: 32.65µg (31.09%), Vitamin B12: 1.86µg (30.95%), Vitamin B1: 0.35mg (23.37%), Iron: 4.16mg (23.12%), Copper: 0.37mg (18.49%), Calcium: 152.04mg (15.2%), Vitamin E: 2.22mg (14.8%), Folate: 44.44µg (11.11%), Vitamin A: 303.11IU (6.06%), Vitamin C: 4.39mg (5.32%), Fiber: 1.01g (4.06%), Vitamin D: 0.32µg (2.15%)