



Chicken Char Siu



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



108 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons hoisin sauce
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1.5 pounds chicken thighs boneless skinless cut into 18 strips

Equipment

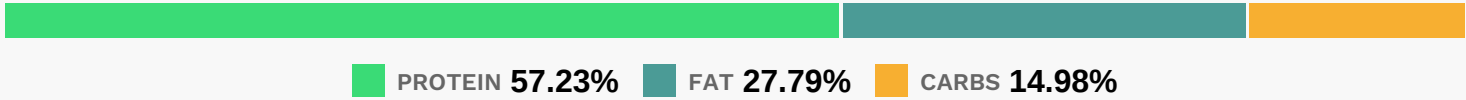
- ☐ broiler

- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Combine all ingredients except the cooking spray; marinate in refrigerator for 2 hours.
- ☐ Preheat broiler.
- ☐ Thread 1 chicken strip onto each of 18 (6-inch) skewers, reserving marinade.
- ☐ Place skewers on a broiler pan coated with cooking spray; broil 6 minutes. Turn skewers over; baste with reserved marinade. Broil 6 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:6.2791304154241%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.02kcal (5.4%), Fat: 3.25g (4.99%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.79g (1.38%), Sugar: 2.92g (3.25%), Cholesterol: 71.93mg (23.98%), Sodium: 253.13mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Selenium: 17.24µg (24.63%), Vitamin B3: 4.32mg (21.58%), Vitamin B6: 0.35mg (17.51%), Phosphorus: 149.49mg (14.95%), Vitamin B5: 0.93mg (9.26%), Vitamin B2: 0.15mg (8.92%), Vitamin B12: 0.48µg (8.06%), Zinc: 1.2mg (8%), Potassium: 207.74mg (5.94%), Magnesium: 21.16mg (5.29%), Vitamin B1: 0.07mg (4.7%), Iron: 0.71mg (3.94%), Copper: 0.05mg (2.61%), Manganese: 0.05mg (2.27%), Vitamin K: 2.22µg (2.11%), Folate: 5.55µg (1.39%), Vitamin E: 0.16mg (1.09%)