

Chicken Teriyaki



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ginger grated
- ☐ 1 tablespoon honey
- ☐ 1 tablespoons sauce
- ☐ 1 tablespoon mirin
- ☐ 12 ounces chicken thighs
- ☐ 2 teaspoons vegetable oil
- ☐ 1 tablespoons frangelico
- ☐ 0.3 teaspoons frangelico

- ☐ 1 tablespoons frangelico
- ☐ 0.3 teaspoons frangelico

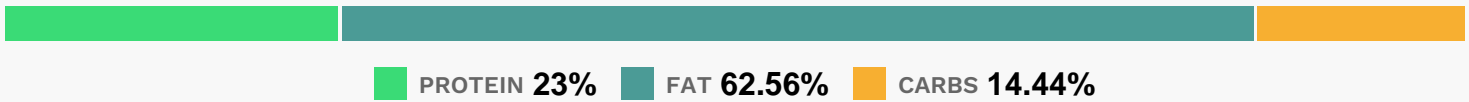
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rub the ginger and and salt into the chicken and let this sit for at least 30 minutes. After it's marinated, use paper towels to dry the chicken as best you can, removing any excess ginger pulp.
- ☐ Heat the oil in a heavy bottomed frying pan over medium heat. You don't want to start the chicken off over too high a heat otherwise it will not cook through before burning.
- ☐ Place the chicken skin-side down in the pan and fry until golden brown on one side. Flip the chicken, then add 1 tablespoon of sake and quickly cover the pan with a lid. Steam the chicken until it is just cooked through (about 5 minutes).Prepare the teriyaki sauce by mixing 1 tablespoon each of: honey, mirin, sake, and soy sauce. Stir to combine.
- ☐ Remove the lid, and drain any remaining liquid and oil. Use a paper towel to sop up any excess oil. Turn up the heat to high, then add the teriyaki sauce.
- ☐ Let this mixture boil, while flipping the chicken repeatedly to coat evenly. The chicken teriyaki is done when most of the liquid has evaporated and the sauce forms a thick glaze around the chicken. Slice and pour the remaining teriyaki sauce over the chicken.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:9.9865216415213%

Nutrients (% of daily need)

Calories: 410.78kcal (20.54%), Fat: 28.53g (43.89%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.77g (5.37%), Sugar: 12.37g (13.74%), Cholesterol: 141.69mg (47.23%), Sodium: 266.9mg (11.6%), Alcohol: 0.85g (100%), Alcohol %: 0.61% (100%), Protein: 23.6g (47.19%), Selenium: 27.13µg (38.75%),

Vitamin B3: 6.73mg (33.67%), Vitamin B6: 0.5mg (25%), Phosphorus: 229.2mg (22.92%), Vitamin B12: 0.93µg (15.42%), Vitamin B5: 1.48mg (14.78%), Zinc: 1.83mg (12.23%), Vitamin B2: 0.2mg (11.48%), Vitamin K: 11.31µg (10.77%), Potassium: 306mg (8.74%), Vitamin B1: 0.11mg (7.15%), Magnesium: 28.11mg (7.03%), Iron: 1.02mg (5.67%), Vitamin E: 0.67mg (4.5%), Copper: 0.08mg (3.99%), Vitamin A: 112.77IU (2.26%), Manganese: 0.03mg (1.69%), Calcium: 12.36mg (1.24%), Folate: 4.66µg (1.16%)