

Chili Chicken

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

READY IN



90 min.

SERVINGS



12

CALORIES



63 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons honey
- 12 chicken thighs skinless
- 3 tablespoons soya sauce
- 5 tablespoons chilli sauce sweet

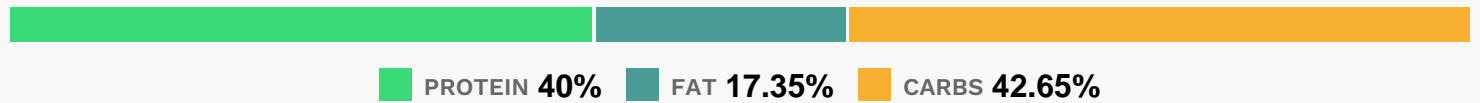
Equipment

- bowl
- grill

Directions

- In a large bowl, mix together the honey, sweet chili sauce and soy sauce. Set aside a small dish of the marinade for basting.
- Place chicken drumsticks into the bowl. Cover and refrigerate at least 1 hour.
- Preheat an outdoor grill for medium-high heat.
- Lightly oil the grill grate. Arrange drumsticks on the grill. Cook for 10 minutes per side, or until juices run clear. Baste frequently with the reserved sauce during the last 5 minutes.

Nutrition Facts



Properties

Glycemic Index:5.61, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:2.5173913222616%

Nutrients (% of daily need)

Calories: 62.62kcal (3.13%), Fat: 1.2g (1.84%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 6.55g (2.38%), Sugar: 6.34g (7.04%), Cholesterol: 27.14mg (9.05%), Sodium: 356.12mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Selenium: 6.37µg (9.1%), Vitamin B3: 1.75mg (8.74%), Vitamin B6: 0.12mg (6.01%), Phosphorus: 59.37mg (5.94%), Zinc: 0.67mg (4.44%), Vitamin B2: 0.06mg (3.8%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.16µg (2.71%), Potassium: 83.74mg (2.39%), Magnesium: 8.2mg (2.05%), Vitamin B1: 0.03mg (1.93%), Iron: 0.32mg (1.8%), Manganese: 0.03mg (1.52%), Copper: 0.03mg (1.35%)