



Chinese Red-Cooked Chicken Thighs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces bean threads uncooked (cellophane noodles)
- ☐ 2 pounds chicken thighs
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 1.3 inch ginger fresh peeled
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 3 orange rind strips
- ☐ 0.3 cup cooking sherry

- ☐ 3 tablespoons sugar
- ☐ 1 cup water boiling
- ☐ 1 tablespoon water

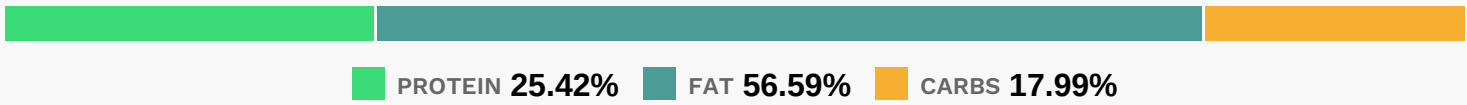
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Combine first 8 ingredients in a Dutch oven; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes.
- ☐ Add chicken; partially cover, and simmer for 45 minutes, turning chicken occasionally. Discard the cinnamon sticks and rind.
- ☐ Combine noodles and boiling water in a bowl; let stand for 5 minutes or until soft.
- ☐ Drain.
- ☐ Serve chicken over noodles.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:6.42, Inflammation Score:-4, Nutrition Score:18.553043469139%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 616.75kcal (30.84%), Fat: 37.87g (58.27%), Saturated Fat: 10.18g (63.61%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 24.82g (9.03%), Sugar: 9.26g (10.29%), Cholesterol: 222.26mg (74.09%), Sodium: 613.2mg (26.66%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 38.27g (76.55%), Selenium: 43.82µg (62.6%),

Vitamin B3: 10.86mg (54.32%), Vitamin B6: 0.84mg (41.81%), Phosphorus: 391.68mg (39.17%), Vitamin B12: 1.45µg (24.19%), Vitamin B5: 2.42mg (24.18%), Manganese: 0.46mg (23.13%), Zinc: 3.09mg (20.62%), Vitamin B2: 0.34mg (20.2%), Potassium: 563.59mg (16.1%), Vitamin C: 12.52mg (15.18%), Magnesium: 59.82mg (14.96%), Vitamin B1: 0.21mg (13.89%), Iron: 2.36mg (13.1%), Fiber: 2.28g (9.12%), Copper: 0.17mg (8.44%), Calcium: 66.97mg (6.7%), Vitamin K: 5.37µg (5.12%), Vitamin A: 220.54IU (4.41%), Vitamin E: 0.61mg (4.08%), Folate: 15.56µg (3.89%), Vitamin D: 0.23µg (1.51%)