



Citrus-Glazed Chicken Thighs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

Ingredients

- 2 teaspoons bottled garlic minced
- 1 tablespoon flour all-purpose
- 2 teaspoons bottled ground ginger fresh (such as Spice World)
- 0.3 teaspoon ground pepper red
- 2 tablespoons honey
- 0.5 teaspoon lime rind grated
- 2 tablespoons soya sauce low-sodium
- 1 cup orange juice

- 0.5 teaspoon salt
- 2 ounce chicken thighs boneless skinless

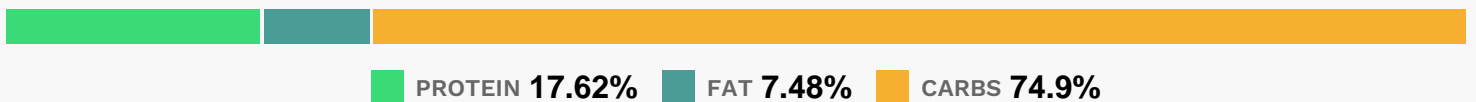
Equipment

- frying pan
- sauce pan
- whisk
- aluminum foil
- broiler
- ziploc bags

Directions

- Place first 7 ingredients in a large zip-top plastic bag.
- Add chicken; seal bag, and marinate in refrigerator 1 hour, turning occasionally.
- Remove chicken, reserving marinade.
- Preheat broiler.
- Place chicken on a foil-lined jelly-roll pan coated with cooking spray; broil 8 minutes on each side or until done.
- While chicken cooks, place reserved marinade, flour, and salt in a small saucepan, stirring with a whisk until blended. Bring to a boil over medium-high heat. Reduce heat, and cook for 1 minute or until thickened.
- Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:45.55, Glycemic Load:6.06, Inflammation Score:-3, Nutrition Score:4.067826114271%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.01mg, Hesperetin: 5.01mg, Hesperetin: 5.01mg, Hesperetin: 5.01mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 63.75kcal (3.19%), Fat: 0.55g (0.85%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 12.09g (4.4%), Sugar: 9.3g (10.33%), Cholesterol: 8.98mg (2.99%), Sodium: 395.41mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 21.34mg (25.86%), Manganese: 0.3mg (14.8%), Vitamin B6: 0.1mg (4.82%), Selenium: 3.3µg (4.72%), Vitamin B3: 0.92mg (4.6%), Folate: 17.79µg (4.45%), Potassium: 146.94mg (4.2%), Vitamin B1: 0.06mg (4.11%), Phosphorus: 39.13mg (3.91%), Vitamin B2: 0.05mg (3.21%), Magnesium: 12.8mg (3.2%), Iron: 0.49mg (2.71%), Vitamin A: 120.04IU (2.4%), Vitamin B5: 0.23mg (2.33%), Copper: 0.04mg (1.96%), Zinc: 0.28mg (1.85%), Fiber: 0.32g (1.3%), Calcium: 11.68mg (1.17%), Vitamin B12: 0.06µg (1.01%)