



Dirty P's Garlic-Ginger Chicken Thighs

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons garlic minced
- 2 tablespoons ginger minced peeled
- 0.3 cup orange juice fresh
- 8 servings pepper freshly ground
- 1 cup onion red thinly sliced
- 0.3 cup soya sauce
- 2 pounds skin-on boneless
- 8 servings vegetable oil for the grill

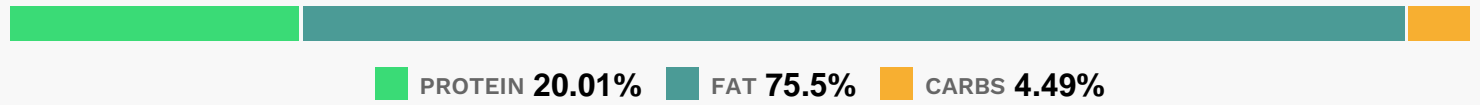
Equipment

- grill
- ziploc bags

Directions

- Combine the chicken, onion, garlic, ginger, soy sauce, juice and 1 teaspoon pepper in a large resealable plastic bag. Seal and shake to coat the chicken with the marinade. Refrigerate 1 hour or overnight.
- Preheat a grill to medium high and oil the grate. Grill the chicken skin-side down until marked, 5 to 6 minutes. Flip and continue to grill until cooked through, about 5 more minutes.
- Let rest 5 minutes before serving.
- Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:10.446956479031%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 392.57kcal (19.63%), Fat: 32.9g (50.62%), Saturated Fat: 7.23g (45.19%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.88g (1.41%), Sugar: 1.67g (1.86%), Cholesterol: 111.13mg (37.04%), Sodium: 493.77mg (21.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.24%), Selenium: 21.67µg (30.96%), Vitamin B3: 5.64mg (28.18%), Vitamin K: 28.41µg (27.06%), Vitamin B6: 0.46mg (22.92%), Phosphorus: 199.52mg (19.95%), Vitamin B5: 1.24mg (12.36%), Vitamin B12: 0.73µg (12.1%), Zinc: 1.52mg (10.11%), Vitamin B2: 0.17mg (10.08%), Vitamin E: 1.4mg (9.32%), Potassium: 309.15mg (8.83%), Vitamin C: 6.07mg (7.35%), Vitamin B1: 0.11mg (7.26%), Magnesium: 28.72mg (7.18%), Manganese: 0.13mg (6.57%), Iron: 1.05mg (5.82%), Copper: 0.09mg (4.5%), Folate: 11.1µg (2.78%),

Vitamin A: 105.08IU (2.1%), Fiber: 0.52g (2.06%), Calcium: 20.32mg (2.03%)