



Ginger-Honey Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken thighs
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.8 teaspoon ground ginger
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 teaspoon salt

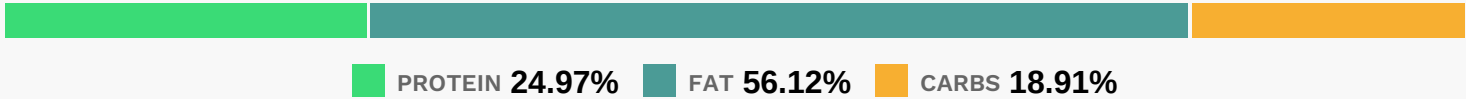
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine salt and ground ginger in a small bowl; rub chicken with mixture.
- ☐ Combine minced ginger, honey, lemon juice, and soy sauce in a small bowl; stir well with a whisk.
- ☐ Place chicken on a broiler pan coated with cooking spray. Broil 5 minutes; turn. Baste with honey mixture. Broil 3 minutes; turn. Baste with remaining honey mixture. Broil 3 minutes or until chicken is done.
- ☐ Brush drippings from bottom of pan onto chicken.

Nutrition Facts



Properties

Glycemic Index:16.82, Glycemic Load:6.81, Inflammation Score:-1, Nutrition Score:8.2913042669711%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 301.98kcal (15.1%), Fat: 18.89g (29.05%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 14.16g (5.15%), Sugar: 13.09g (14.54%), Cholesterol: 111.13mg (37.04%), Sodium: 523mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.9g (37.81%), Selenium: 21.58µg (30.82%), Vitamin B3: 5.38mg (26.92%), Vitamin B6: 0.41mg (20.3%), Phosphorus: 187.96mg (18.8%), Vitamin B12: 0.73µg (12.1%), Vitamin B5: 1.19mg (11.86%), Zinc: 1.51mg (10.04%), Vitamin B2: 0.17mg (9.83%), Manganese: 0.18mg (8.89%), Potassium: 270.87mg (7.74%), Magnesium: 26.41mg (6.6%), Vitamin B1: 0.09mg (5.8%), Iron: 0.97mg (5.39%),

Copper: 0.07mg (3.6%), Vitamin K: 2.39µg (2.27%), Vitamin C: 1.62mg (1.96%), Vitamin A: 88.79IU (1.78%), Vitamin E: 0.26mg (1.76%), Folate: 6.47µg (1.62%), Calcium: 12.33mg (1.23%)