



Ginger-Soy Chicken Thighs with Scallion Rice



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 0.5 cup ginger preserves
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 1 tablespoon olive oil
- ☐ 3.5 ounce boil-in-bag rice long-grain
- ☐ 2 ounce chicken thighs boneless skinless

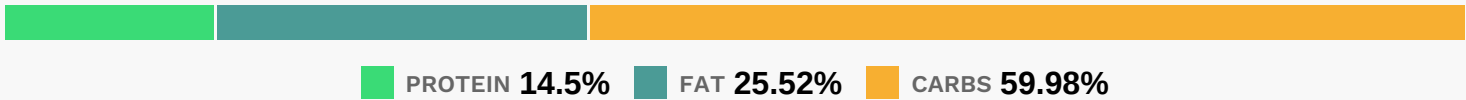
Equipment

☐ frying pan

Directions

- ☐ Prepare rice according to package directions.
- ☐ Drain; fluff rice with a fork. Gently stir in green onions.
- ☐ While rice cooks, heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chicken; cook 5 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add preserves, soy sauce, and garlic to pan; bring to a boil. Cook sauce 2 minutes or until reduced to 1/3 cup, stirring occasionally. Return chicken to pan; turn to coat with sauce.

Nutrition Facts



Properties

Glycemic Index:34.55, Glycemic Load:12.41, Inflammation Score:-2, Nutrition Score:4.7056522136149%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 155.7kcal (7.79%), Fat: 4.37g (6.73%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 22.4g (8.15%), Sugar: 0.36g (0.4%), Cholesterol: 13.47mg (4.49%), Sodium: 304.22mg (13.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Manganese: 0.36mg (18.17%), Selenium: 7.3µg (10.43%), Vitamin K: 8.79µg (8.37%), Vitamin B6: 0.16mg (7.81%), Phosphorus: 75.8mg (7.58%), Vitamin B3: 1.4mg (6.98%), Magnesium: 21.12mg (5.28%), Copper: 0.1mg (5.03%), Vitamin B5: 0.48mg (4.83%), Potassium: 155.54mg (4.44%), Vitamin E: 0.64mg (4.26%), Zinc: 0.62mg (4.13%), Vitamin B2: 0.06mg (3.8%), Iron: 0.58mg (3.23%), Fiber: 0.73g (2.91%), Vitamin B1: 0.04mg (2.73%), Folate: 9.36µg (2.34%), Vitamin C: 1.63mg (1.98%), Calcium: 17.45mg (1.75%), Vitamin B12: 0.09µg (1.51%)