



Grilled Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 4 large garlic cloves chopped
- ☐ 6 servings seasoned nori wrappers
- ☐ 3 pounds chicken thighs boneless skinless
- ☐ 0.8 cup soya sauce
- ☐ 6 servings sticky rice

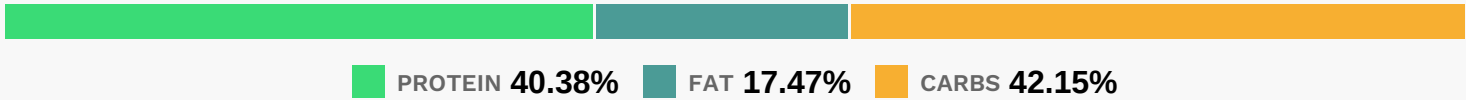
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk soy sauce, brown sugar, ginger, and garlic in large bowl. DO AHEAD Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Add chicken to marinade; toss to coat.
- ☐ Let marinate at room temperature 15 minutes.
- ☐ Brush grill with oil. Grill chicken until cooked through, about 5 minutes per side.
- ☐ Wrap grilled chicken with the Sticky Rice in Seasoned Nori Wrappers.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:30.57, Inflammation Score:-3, Nutrition Score:23.177391088527%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 509.13kcal (25.46%), Fat: 9.63g (14.82%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 52.31g (17.44%), Net Carbohydrates: 50.69g (18.43%), Sugar: 12.41g (13.79%), Cholesterol: 215.46mg (71.82%), Sodium: 1829.55mg (79.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.1g (100.21%), Selenium: 58.89µg (84.13%), Vitamin B3: 14.86mg (74.29%), Vitamin B6: 1.15mg (57.58%), Phosphorus: 499.39mg (49.94%), Manganese: 0.69mg (34.28%), Vitamin B5: 3.25mg (32.48%), Vitamin B2: 0.48mg (28.13%), Zinc: 4.17mg (27.8%), Vitamin B12: 1.45µg (24.19%), Vitamin B1: 0.31mg (20.64%), Potassium: 690.07mg (19.72%), Magnesium: 76.97mg (19.24%), Iron: 3.39mg (18.85%), Copper: 0.26mg (13.22%), Fiber: 1.61g (6.45%), Vitamin K: 6.65µg (6.34%), Folate: 19.41µg (4.85%), Calcium: 46.11mg (4.61%), Vitamin E: 0.43mg (2.84%), Vitamin A: 106.63IU (2.13%), Vitamin C: 1.13mg (1.37%)