



Honey-Ginger Chicken Bites



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons cider vinegar
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 0.7 cup honey
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 teaspoon orange rind grated
- ☐ 1 teaspoon salt
- ☐ 1.3 pounds chicken thighs boneless skinless cut into bite-sized pieces (16 thighs)
- ☐ 2 teaspoons water
- ☐ 1 teaspoon worcestershire sauce

Equipment

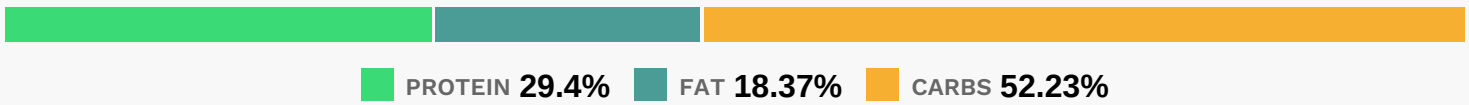
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 9 ingredients in a large zip-top plastic bag; seal and shake well.
- ☐ Add chicken; seal and toss to coat. Refrigerate at least 2 hours or overnight, turning occasionally.
- ☐ Preheat oven to 42
- ☐ Remove chicken from bag, reserving marinade. Arrange chicken in a single layer on the rack of a broiler pan coated with cooking spray.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Bake at 425 for 20 minutes, stirring once.
- ☐ While chicken is cooking, strain marinade through a sieve into a bowl; discard solids.
- ☐ Place marinade in a saucepan; bring to a boil. Cook 3 minutes; skim solids from surface.

- ☐ Combine cornstarch and water in a small bowl; stir with a whisk.
- ☐ Add cornstarch mixture to pan, stirring with a whisk; cook 1 minute.
- ☐ Remove from heat; pour glaze into a large bowl.
- ☐ Preheat broiler.
- ☐ Add chicken to glaze; toss well to coat.
- ☐ Place chicken mixture on a jelly roll pan; broil 5 minutes or until browned, stirring twice.
- ☐ Sprinkle with sesame seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:14.11, Glycemic Load:8.23, Inflammation Score:-1, Nutrition Score:4.3373912935672%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 126.31kcal (6.32%), Fat: 2.64g (4.06%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 16.73g (6.08%), Sugar: 15.63g (17.37%), Cholesterol: 44.89mg (14.96%), Sodium: 339.65mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Selenium: 11.01µg (15.73%), Vitamin B3: 2.72mg (13.58%), Vitamin B6: 0.23mg (11.74%), Phosphorus: 96.31mg (9.63%), Vitamin B5: 0.6mg (6.01%), Vitamin B2: 0.1mg (5.88%), Zinc: 0.8mg (5.34%), Vitamin B12: 0.3µg (5.04%), Potassium: 153.15mg (4.38%), Magnesium: 14.31mg (3.58%), Manganese: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.14%), Iron: 0.56mg (3.11%), Copper: 0.04mg (2.15%), Vitamin C: 1.72mg (2.09%), Vitamin K: 1.55µg (1.48%), Folate: 4.2µg (1.05%)