

Honey-Glazed Chinese Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds skin-on chicken drumsticks
- 1 spring onion thinly sliced
- 0.3 cup hoisin sauce
- 0.3 cup honey
- 0.5 cup teriyaki sauce

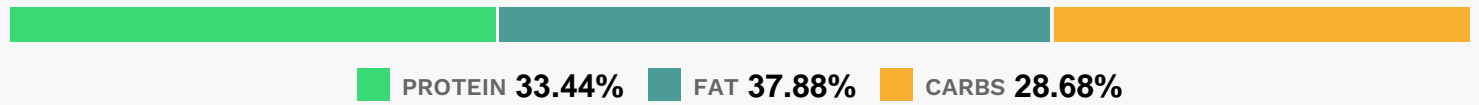
Equipment

- frying pan
- oven

Directions

- Combine first 3 ingredients; pour over chicken in large plastic food storage bag. Press air out of bag; close top securely. Turn bag over several times to coat all pieces well. Refrigerate 2 hours or overnight, turning bag over occasionally.
- Bake chicken in 350 degrees F oven 1 hour, turning pieces over and basting with pan juices once.
- Sprinkle on green onion before serving.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:6.1, Inflammation Score:-2, Nutrition Score:10.389565206092%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 291.49kcal (14.57%), Fat: 12.16g (18.71%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 20.3g (7.38%), Sugar: 18.16g (20.17%), Cholesterol: 116.84mg (38.95%), Sodium: 1237.4mg (53.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.31%), Selenium: 25.16µg (35.94%), Vitamin B3: 6.59mg (32.96%), Phosphorus: 252.82mg (25.28%), Vitamin B6: 0.46mg (22.81%), Zinc: 2.53mg (16.87%), Vitamin B2: 0.26mg (15.3%), Vitamin B5: 1.38mg (13.76%), Vitamin B12: 0.7µg (11.61%), Magnesium: 43.4mg (10.85%), Potassium: 362.88mg (10.37%), Iron: 1.41mg (7.84%), Vitamin B1: 0.11mg (7.42%), Vitamin K: 7.36µg (7.01%), Copper: 0.12mg (6.13%), Manganese: 0.07mg (3.26%), Folate: 9.92µg (2.48%), Calcium: 24.62mg (2.46%), Vitamin E: 0.28mg (1.89%), Fiber: 0.43g (1.7%), Vitamin A: 78.88IU (1.58%)