



## How to Make Caramel Chicken

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

READY IN



40 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings cilantro sprigs fresh for garnish
- 0.8 cup brown sugar dark
- 0.3 cup fish sauce
- 1 tablespoon ginger fresh grated
- 4 cloves garlic crushed
- 1 bunch green onions chopped
- 2 jalapeño peppers fresh seeded sliced
- 0.3 cup rice vinegar

- 0.5 cup roasted peanuts
- 8 chicken thighs boneless skinless quartered
- 1 tablespoon soya sauce
- 1 teaspoon vegetable oil
- 0.3 cup water cold

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Whisk brown sugar, water, fish sauce, rice vinegar, soy sauce, garlic, and ginger in a bowl until brown sugar is completely dissolved, about 1 minute. Set aside.
- Heat oil over high heat in a skillet. Stir in chicken.
- Pour 1/3 cup of the brown sugar mixture over chicken; cook and stir until the brown sugar mixture has a syrup-like consistency, 6 to 7 minutes.
- Pour in the remaining brown sugar mixture; cook until chicken is tender and no longer pink inside, about 5 minutes.
- Stir in in peanuts, jalapenos and green onion; cook until warmed through, 2 to 3 minutes.
- Garnish with cilantro and serve.

## Nutrition Facts



**PROTEIN 35.82%** **FAT 31%** **CARBS 33.18%**

## Properties

Glycemic Index:51.5, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:25.85869581803%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 564.44kcal (28.22%), Fat: 19.44g (29.9%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 44.7g (16.26%), Sugar: 41.29g (45.88%), Cholesterol: 214.7mg (71.57%), Sodium: 2064.11mg (89.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.54g (101.08%), Vitamin B3: 16.17mg (80.87%), Selenium: 55.34µg (79.06%), Vitamin B6: 1.23mg (61.4%), Phosphorus: 512.22mg (51.22%), Manganese: 0.64mg (32.13%), Magnesium: 126.17mg (31.54%), Vitamin B5: 3.11mg (31.09%), Zinc: 3.95mg (26.33%), Vitamin B2: 0.45mg (26.3%), Vitamin B12: 1.54µg (25.65%), Potassium: 869.56mg (24.84%), Vitamin K: 22.7µg (21.62%), Vitamin B1: 0.28mg (18.59%), Iron: 2.95mg (16.39%), Copper: 0.31mg (15.41%), Vitamin C: 10.58mg (12.82%), Folate: 49.19µg (12.3%), Calcium: 94.84mg (9.48%), Fiber: 2.11g (8.45%), Vitamin E: 0.79mg (5.28%), Vitamin A: 198.86IU (3.98%)