



Maple-Mustard Chicken Thighs



Gluten Free



Dairy Free

READY IN



163 min.

SERVINGS



4

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 chicken thighs bone-in
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon cider vinegar
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons lower-sodium soy sauce
- ☐ 3 tablespoons maple syrup

- ☐ 1 tablespoon onion grated
- ☐ 0.3 cup spicy brown mustard
- ☐ 2 tablespoons mustard yellow

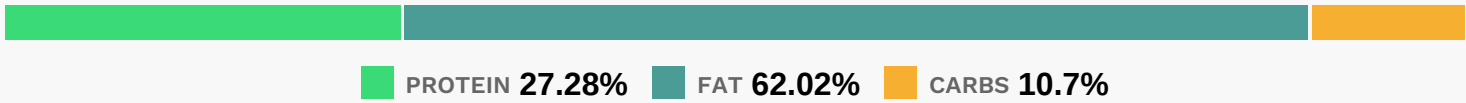
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 9 ingredients.
- ☐ Place half of mixture in a zip-top plastic bag; reserve remaining mixture.
- ☐ Add chicken to bag; seal. Chill 2 hours.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove chicken from bag.
- ☐ Sprinkle chicken with salt.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 8 minutes on each side or until done.
- ☐ Serve with reserved mustard mixture.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:3.95, Inflammation Score:-4, Nutrition Score:22.897826008175%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 718.4kcal (35.92%), Fat: 48.98g (75.35%), Saturated Fat: 13.02g (81.37%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.68g (6.43%), Sugar: 15.35g (17.06%), Cholesterol: 283.22mg (94.41%), Sodium: 772.12mg (33.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.47g (96.94%), Selenium: 63.87µg (91.24%), Vitamin B3: 13.64mg (68.19%), Vitamin B6: 1.03mg (51.51%), Phosphorus: 494.09mg (49.41%), Vitamin B2: 0.6mg (35.21%), Vitamin B12: 1.85µg (30.83%), Vitamin B5: 3.05mg (30.48%), Manganese: 0.58mg (29.04%), Zinc: 3.94mg (26.25%), Potassium: 698.1mg (19.95%), Magnesium: 74.94mg (18.74%), Vitamin B1: 0.28mg (18.74%), Iron: 2.53mg (14.05%), Copper: 0.18mg (8.96%), Calcium: 66.39mg (6.64%), Vitamin K: 6.92µg (6.6%), Fiber: 1.35g (5.41%), Vitamin A: 246.96IU (4.94%), Vitamin E: 0.72mg (4.8%), Folate: 12.35µg (3.09%), Vitamin D: 0.29µg (1.93%)