



Maple-Soy Chicken Thighs



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs bone-in
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons spring onion sliced
- ☐ 2 tablespoons soy sauce
- ☐ 0.5 cup maple syrup

- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon salt

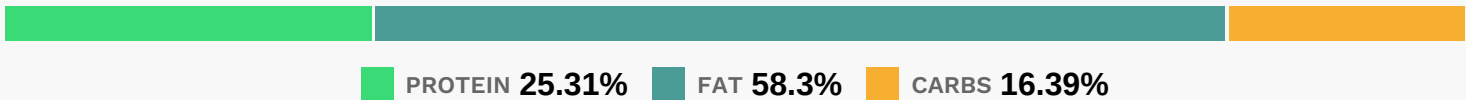
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a small bowl, stirring with a whisk.
- ☐ Place maple mixture in a large zip-top plastic bag.
- ☐ Add chicken thighs to bag; seal. Marinate in refrigerator 1 hour.
- ☐ Preheat oven to 37
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Place marinade in a small saucepan over medium-high heat; bring to a boil. Cook until marinade reduces to 1/4 cup (about 5 minutes). Arrange chicken in a single layer on a foil-lined baking sheet. Baste with 2 tablespoons maple mixture; sprinkle evenly with salt.
- ☐ Bake chicken at 375 for 20 minutes. Turn chicken over; baste with remaining 2 tablespoons maple mixture.
- ☐ Bake 15 minutes or until chicken is done; sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:10.95, Inflammation Score:-4, Nutrition Score:24.773912621581%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 767.26kcal (38.36%), Fat: 49.12g (75.57%), Saturated Fat: 13.1g (81.89%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 30.74g (11.18%), Sugar: 25.59g (28.44%), Cholesterol: 283.22mg (94.41%), Sodium: 810.06mg (35.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.98g (95.96%), Selenium: 54.39µg (77.71%), Vitamin B3: 13.68mg (68.38%), Vitamin B2: 0.92mg (54.32%), Manganese: 1.05mg (52.35%), Vitamin B6: 1.04mg (51.94%), Phosphorus: 477.29mg (47.73%), Vitamin B12: 1.85µg (30.83%), Vitamin B5: 3.01mg (30.08%), Zinc: 4.01mg (26.75%), Potassium: 768.66mg (21.96%), Magnesium: 72.69mg (18.17%), Vitamin B1: 0.26mg (17.55%), Iron: 2.25mg (12.48%), Vitamin K: 12.72µg (12.12%), Vitamin C: 8.87mg (10.75%), Copper: 0.17mg (8.59%), Calcium: 77.26mg (7.73%), Vitamin A: 360.59IU (7.21%), Vitamin E: 0.78mg (5.18%), Folate: 19.07µg (4.77%), Vitamin D: 0.29µg (1.93%), Fiber: 0.32g (1.27%)