



Melt-in-Your-Mouth Braised and Barbecued Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs bone-in
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 3 tablespoons cider vinegar
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onion chopped

- ☐ 3 tablespoons catsup
- ☐ 0.5 cup tropicana premium orange juice pure
- ☐ 0.5 cup pineapple juice
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 regular-size bags success boil-in-bag rice uncooked
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons vegetable oil

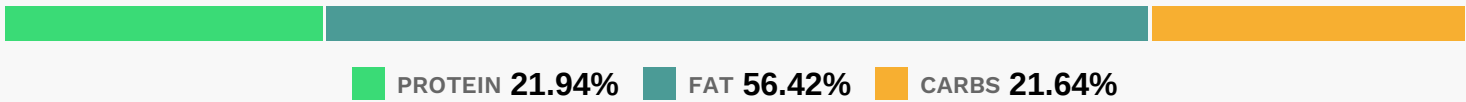
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add chicken, and saut 6 minutes, turning once.
- ☐ Combine fruit juices in a large bowl. Stir together cornstarch and 1 tablespoon juice mixture until smooth; set aside.
- ☐ Stir soy sauce and next 6 ingredients into remaining juice mixture; pour over chicken. Bring to a boil; cover, reduce heat, and simmer 35 minutes, turning chicken after 20 minutes.
- ☐ Prepare rice according to package directions. Keep warm.
- ☐ Uncover chicken, and stir in cornstarch mixture. Cook, stirring constantly, 5 minutes or until sauce thickens.
- ☐ Spoon rice onto a serving platter, top with chicken and sauce.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:72.8, Glycemic Load:4.1, Inflammation Score:-5, Nutrition Score:18.882173942483%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 624.05kcal (31.2%), Fat: 39.03g (60.05%), Saturated Fat: 9.7g (60.63%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 32.99g (12%), Sugar: 26.34g (29.27%), Cholesterol: 188.92mg (62.97%), Sodium: 1343.05mg (58.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.15g (68.3%), Selenium: 37.03µg (52.9%), Vitamin B3: 10.19mg (50.93%), Vitamin B6: 0.8mg (40.06%), Phosphorus: 349.29mg (34.93%), Vitamin K: 30.24µg (28.8%), Vitamin C: 20.73mg (25.13%), Vitamin B5: 2.16mg (21.64%), Vitamin B12: 1.23µg (20.56%), Vitamin B2: 0.33mg (19.32%), Manganese: 0.39mg (19.25%), Potassium: 644.04mg (18.4%), Zinc: 2.64mg (17.61%), Magnesium: 58.67mg (14.67%), Vitamin B1: 0.21mg (13.91%), Iron: 2.29mg (12.75%), Copper: 0.2mg (9.98%), Vitamin E: 1.28mg (8.56%), Vitamin A: 408.13IU (8.16%), Folate: 29.61µg (7.4%), Calcium: 53.01mg (5.3%), Fiber: 0.68g (2.74%), Vitamin D: 0.19µg (1.29%)