



Molasses-Glazed Chicken Thighs



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 skinned and boned chicken thighs
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 cup blackstrap molasses
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon pepper
- ☐ 0.3 cup soya sauce

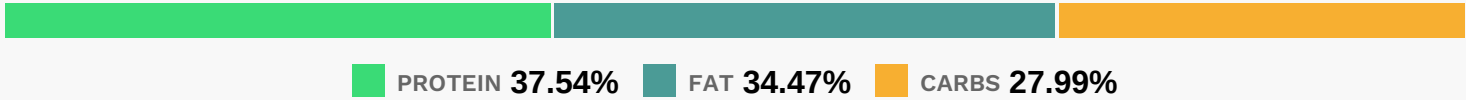
Equipment

☐ grill

Directions

- ☐ Combine first 6 ingredients in a shallow dish or large zip-top plastic freezer bag; add chicken thighs. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill chicken thighs, covered with grill lid, over medium heat (300 to 350°F) for 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:10.59, Inflammation Score:-4, Nutrition Score:19.152608658956%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 362.78kcal (18.14%), Fat: 13.79g (21.22%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 25.01g (9.09%), Sugar: 23.97g (26.63%), Cholesterol: 161.02mg (53.67%), Sodium: 702.98mg (30.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.79g (67.57%), Selenium: 44.19µg (63.13%), Vitamin B3: 10.16mg (50.8%), Vitamin B6: 1mg (50.17%), Phosphorus: 342.05mg (34.21%), Manganese: 0.61mg (30.52%), Magnesium: 120.47mg (30.12%), Potassium: 912.79mg (26.08%), Vitamin B5: 2.34mg (23.45%), Vitamin B2: 0.32mg (18.72%), Zinc: 2.73mg (18.2%), Vitamin B12: 1.08µg (18.08%), Iron: 3.16mg (17.58%), Copper: 0.27mg (13.49%), Vitamin B1: 0.18mg (11.7%), Vitamin K: 9.41µg (8.96%), Vitamin E: 1.29mg (8.61%), Calcium: 85.62mg (8.56%), Vitamin C: 3.3mg (4%), Folate: 10.12µg (2.53%)