



Orange Soy Asian Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken thighs bone-in dry
- ☐ 1 serving salt and pepper
- ☐ 0.5 cup tamari sauce
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon orange zest dried
- ☐ 0.3 cup orange juice
- ☐ 2 teaspoons cornstarch

- ☐ 1 tablespoon sesame seed
- ☐ 1 serving spring onion

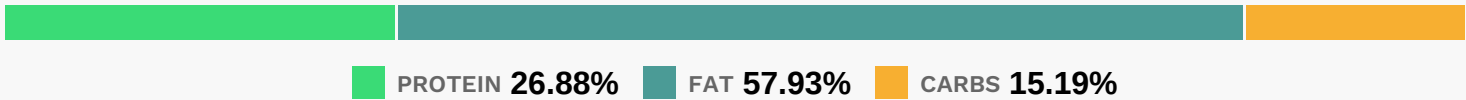
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ broiler pan

Directions

- ☐ Heat oven to 450°F. Season chicken with salt and pepper on both sides.
- ☐ Place chicken, skin side up, on broiler pan.
- ☐ Bake 25 minutes.
- ☐ Meanwhile, in 1-quart saucepan, heat tamari sauce, sugar, vinegar and peel to boiling, stirring to dissolve sugar. Reduce heat to simmer. Beat in orange juice and cornstarch with whisk until well blended. Continue cooking until mixture thickens to glaze-like consistency.
- ☐ Remove from heat.
- ☐ After chicken has baked 25 minutes, set oven control to broil. Broil 5 minutes longer to crisp skin on chicken (leave oven door partially open to monitor broiling closely. If chicken begins to crisp sooner than 5 minutes, remove from oven.)
- ☐ Pour sauce over chicken.
- ☐ Sprinkle with sesame seed; garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:8.51, Inflammation Score:-2, Nutrition Score:11.739130432191%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 387.02kcal (19.35%), Fat: 24.74g (38.06%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 14.22g (5.17%), Sugar: 12.31g (13.68%), Cholesterol: 141.61mg (47.2%), Sodium: 1224.21mg (53.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Selenium: 27.76µg (39.66%), Vitamin B3: 7.58mg (37.91%), Vitamin B6: 0.55mg (27.49%), Phosphorus: 264.27mg (26.43%), Vitamin B5: 1.56mg (15.62%), Vitamin B12: 0.92µg (15.41%), Vitamin B2: 0.23mg (13.5%), Zinc: 2mg (13.36%), Potassium: 367.41mg (10.5%), Magnesium: 41.3mg (10.32%), Iron: 1.67mg (9.27%), Vitamin B1: 0.14mg (9.26%), Copper: 0.16mg (8.06%), Manganese: 0.16mg (7.96%), Vitamin C: 5.47mg (6.63%), Vitamin K: 5.11µg (4.87%), Folate: 12.87µg (3.22%), Calcium: 30.88mg (3.09%), Vitamin A: 143.82IU (2.88%), Vitamin E: 0.32mg (2.11%), Fiber: 0.37g (1.49%)