



Oven Roasted Teriyaki Chicken

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



90 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cider vinegar
- 1 tablespoon cornstarch
- 1 clove garlic minced
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground pepper black
- 0.5 cup splenda® no calorie sweetener
- 12 chicken thighs skinless
- 0.5 cup soya sauce

1 tablespoon water cold

Equipment

sauce pan

oven

baking pan

Directions

In a small saucepan over low heat, combine the cornstarch, cold water, SLENDA® Granulated Sweetener, soy sauce, vinegar, garlic, ginger and ground black pepper.

Let simmer, stirring frequently, until sauce thickens and bubbles.

Preheat oven to 425 degrees F (220 degrees C).

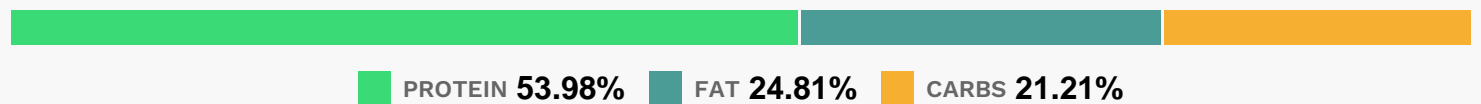
Place chicken pieces in a lightly greased 9x13 inch baking dish.

Brush chicken with the sauce. Turn pieces over, and brush again.

Bake in the preheated oven for 30 minutes. Turn pieces over, and bake for another 30 minutes, until no longer pink and juices run clear.

Brush with sauce every 10 minutes during cooking.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:7.83, Inflammation Score:-2, Nutrition Score:18.939999961335%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 345.22kcal (17.26%), Fat: 9.32g (14.34%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 17.7g (6.44%), Sugar: 13.76g (15.29%), Cholesterol: 214.7mg (71.57%), Sodium: 1281.99mg (55.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.62g (91.24%), Selenium: 51.45µg (73.49%), Vitamin B3: 13.41mg (67.03%), Vitamin B6: 1.05mg (52.59%), Phosphorus: 449.9mg (44.99%), Vitamin B5: 2.79mg (27.9%),

Vitamin B2: 0.43mg (25.32%), Vitamin B12: 1.45µg (24.11%), Zinc: 3.54mg (23.57%), Potassium: 607.98mg (17.37%), Magnesium: 60.9mg (15.23%), Vitamin B1: 0.22mg (14.4%), Iron: 2.34mg (13.02%), Manganese: 0.23mg (11.63%), Copper: 0.16mg (7.9%), Vitamin K: 6.7µg (6.38%), Folate: 12.57µg (3.14%), Vitamin E: 0.41mg (2.72%), Calcium: 26.47mg (2.65%), Vitamin A: 54.79IU (1.1%)