

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

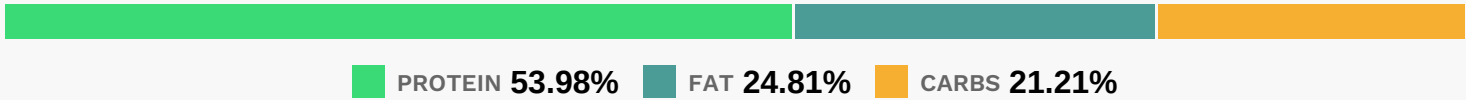
Equipment

- ☐ 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: Og (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%)