



Oyster Sauce Chicken



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs
- ☐ 2 teaspoons garlic minced
- ☐ 10 fluid ounce oyster sauce
- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup water
- ☐ 0.8 cup sugar white

Equipment

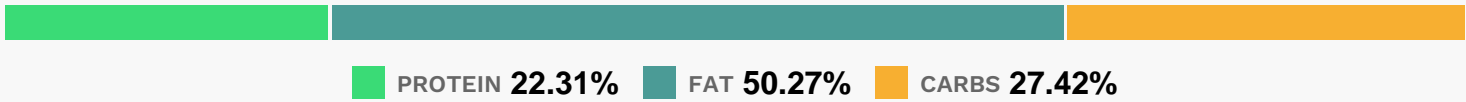
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place chicken thighs in a lightly greased 9x13 inch baking dish. Season with salt and pepper to taste and bake in the preheated oven for about 25 minutes.
- ☐ Meanwhile, in a medium bowl combine the oyster sauce, garlic, sugar and water.
- ☐ Mix together and taste the sauce; if it is not sweet enough, add sugar to taste.
- ☐ After chicken has baked for 25 minutes, pour sauce over it and bake for another 20 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:17.55, Inflammation Score:-1, Nutrition Score:11.141304415205%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 452.83kcal (22.64%), Fat: 25.23g (38.82%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 30.81g (11.2%), Sugar: 24.96g (27.73%), Cholesterol: 147.65mg (49.22%), Sodium: 1656.15mg (72.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.39%), Selenium: 30.64µg (43.77%), Vitamin B3: 7.73mg (38.64%), Vitamin B6: 0.54mg (26.85%), Phosphorus: 250.43mg (25.04%), Vitamin B12: 1.17µg (19.44%), Vitamin B2: 0.27mg (15.64%), Vitamin B5: 1.54mg (15.45%), Zinc: 1.94mg (12.96%), Potassium: 340.03mg (9.72%), Vitamin B1: 0.12mg (7.89%), Copper: 0.16mg (7.79%), Magnesium: 30.95mg (7.74%), Iron: 1.13mg (6.27%), Manganese: 0.07mg (3.42%), Vitamin K: 3.18µg (3.03%), Calcium: 30.3mg (3.03%), Folate: 11.94µg (2.99%), Vitamin A: 117.61IU (2.35%), Vitamin E: 0.32mg (2.11%)