



Rock Sugar Ginger Chicken (Bing Tong Gook Geung Gai)



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken thighs bone-in (2 lb. total)
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 6 ounces ginger fresh scrubbed thinly sliced
- ☐ 1 tablespoon salad oil
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons soya sauce black
- ☐ 0.3 cup rock sugar or

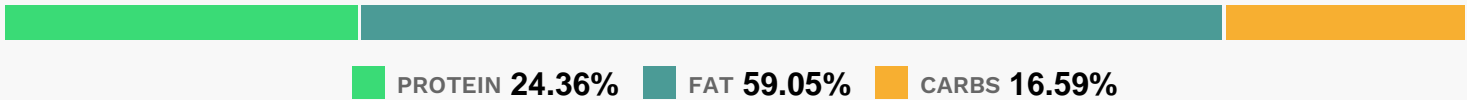
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Rinse chicken and pat dry. Set a 12-inch frying pan or a 5- to 6-quart pan over high heat. When hot, add oil and ginger; stir often until ginger is lightly browned, 3 to 4 minutes. Reduce heat to medium-high; push ginger to edges of pan and add chicken pieces, skin side down, in a single layer. Cook, turning once, until browned on both sides, 7 to 8 minutes total.
- ☐ Drain off and discard fat from pan.
- ☐ Stir broth, 1/2 cup water, sugar, soy sauce, and salt into pan around chicken. Cover and bring to a boil, then reduce heat to medium and simmer 8 minutes. Turn chicken pieces over, cover, and continue cooking until no longer pink at the bone (cut to test), 7 to 9 minutes longer.
- ☐ With tongs, lift chicken from pan juices and place in a shallow bowl or on a rimmed platter. Skim and discard fat from pan juices; pour juices over chicken.
- ☐ Sprinkle green onions on top of meat if desired.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:8.47, Inflammation Score:-3, Nutrition Score:11.248261060404%

Nutrients (% of daily need)

Calories: 406.9kcal (20.34%), Fat: 26.62g (40.96%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 16.21g (5.9%), Sugar: 11.7g (13%), Cholesterol: 141.61mg (47.2%), Sodium: 721.38mg (31.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.43%), Selenium: 27.75µg (39.64%), Vitamin B3: 7.27mg (36.33%), Vitamin B6: 0.56mg (27.78%), Phosphorus: 247.83mg (24.78%), Vitamin B12: 0.96µg (16.04%), Vitamin B5: 1.57mg (15.71%), Zinc: 1.93mg (12.89%), Vitamin B2: 0.22mg (12.68%), Potassium: 432.53mg (12.36%), Magnesium: 42.24mg (10.56%), Vitamin B1: 0.12mg (7.93%), Copper: 0.15mg (7.52%), Iron: 1.31mg (7.3%), Manganese: 0.12mg (6.05%), Vitamin E: 0.79mg (5.24%), Vitamin K: 4.73µg (4.5%), Fiber: 0.62g (2.46%), Vitamin A: 112.71IU (2.25%), Folate: 8.72µg (2.18%), Calcium: 18.28mg (1.83%), Vitamin C: 1.42mg (1.72%)