



Seared Chicken with Sriracha Barbecue Dipping Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons sesame oil dark divided
- ☐ 1 tablespoon fish sauce
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons honey
- ☐ 3 tablespoons catsup
- ☐ 2 tablespoons juice of lime fresh

- ☐ 4 teaspoons rice vinegar
- ☐ 0.3 cup shallots chopped
- ☐ 2 ounce chicken thighs boneless skinless
- ☐ 1 tablespoon sriracha (such as huy fong) hot
- ☐ 2 tablespoons sugar

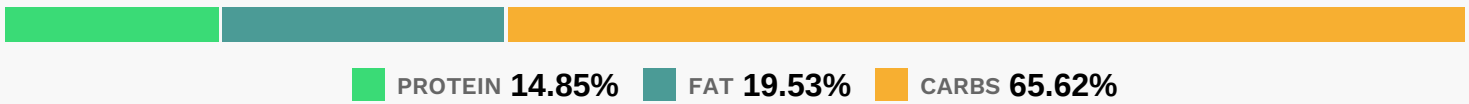
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients; stir in 1/2 teaspoon oil.
- ☐ Place shallot mixture in a large zip-top plastic bag; add chicken to bag. Seal and marinate in refrigerator 3 hours to overnight, turning bag occasionally.
- ☐ Combine ketchup and next 4 ingredients (through vinegar).
- ☐ Heat remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Add chicken to pan; cook 2 minutes on each side or until browned. Cover, reduce heat to medium-low, and cook 8 minutes or until done, turning twice.
- ☐ Serve with ketchup mixture.

Nutrition Facts



Properties

Glycemic Index:61.84, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:3.4300000201101%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 95.45kcal (4.77%), Fat: 2.16g (3.33%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 15.74g (5.72%), Sugar: 12.79g (14.21%), Cholesterol: 13.47mg (4.49%), Sodium: 556.6mg (24.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.41%), Vitamin B6: 0.2mg (9.82%), Vitamin C: 7.33mg (8.88%), Manganese: 0.13mg (6.36%), Selenium: 4.4µg (6.28%), Vitamin B3: 1.13mg (5.67%), Potassium: 158.29mg (4.52%), Phosphorus: 45.13mg (4.51%), Magnesium: 17.55mg (4.39%), Vitamin B2: 0.06mg (3.47%), Vitamin B5: 0.26mg (2.58%), Iron: 0.46mg (2.56%), Folate: 10.06µg (2.52%), Fiber: 0.63g (2.51%), Copper: 0.05mg (2.39%), Zinc: 0.36mg (2.38%), Vitamin B1: 0.03mg (2.17%), Vitamin B12: 0.11µg (1.87%), Calcium: 17.76mg (1.78%), Vitamin E: 0.24mg (1.61%), Vitamin A: 71.53IU (1.43%), Vitamin K: 1.25µg (1.19%)