



Shoyu Chicken

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons apple cider vinegar
- 0.3 teaspoon pepper black freshly ground
- 5 pounds chicken thighs bone-in
- 3 tablespoons flour all-purpose
- 6 servings flour slurry (to thicken)
- 2 ounces ginger fresh crushed peeled
- 2.5 teaspoons garlic puree
- 1.3 cups soya sauce

- 1 cup sugar
- 3 tablespoons water
- 1.5 tablespoons worcestershire sauce

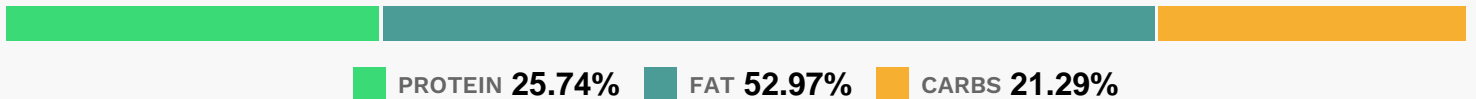
Equipment

- bowl
- frying pan

Directions

- Mix all the sauce ingredients in a small bowl.
- Add the chicken to a large saute pan over medium heat and pour in the sauce. Bring to a boil. Lower the heat and simmer for 40 minutes, skimming off any fat that rises. Bring to a boil again and add the flour slurry, then lower the heat and let simmer for 10 minutes to thicken. Arrange the chicken in a deep serving platter and cover with the sauce.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:58.68, Glycemic Load:30.28, Inflammation Score:-4, Nutrition Score:26.318260991055%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 917.64kcal (45.88%), Fat: 53.72g (82.64%), Saturated Fat: 14.43g (90.2%), Carbohydrates: 48.59g (16.2%), Net Carbohydrates: 47.64g (17.33%), Sugar: 34.76g (38.62%), Cholesterol: 314.87mg (104.96%), Sodium: 3005.45mg (130.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.73g (117.47%), Selenium: 64.88µg (92.68%), Vitamin B3: 17.61mg (88.05%), Vitamin B6: 1.24mg (62.24%), Phosphorus: 592.31mg (59.23%), Vitamin B5:

3.53mg (35.28%), Vitamin B12: 2.06µg (34.27%), Vitamin B2: 0.57mg (33.57%), Zinc: 4.38mg (29.17%), Potassium: 861.98mg (24.63%), Vitamin B1: 0.36mg (24.28%), Iron: 4.18mg (23.23%), Manganese: 0.46mg (22.82%), Magnesium: 88.58mg (22.15%), Copper: 0.29mg (14.33%), Folate: 40.38µg (10.1%), Vitamin K: 7µg (6.67%), Vitamin A: 254.61IU (5.09%), Calcium: 48.34mg (4.83%), Vitamin E: 0.71mg (4.75%), Fiber: 0.94g (3.78%), Vitamin D: 0.32µg (2.14%), Vitamin C: 1.67mg (2.03%)