



Shoyu Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



909 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5.5 pounds chicken thighs
- ☐ 5 tablespoons cornstarch dissolved in 5 tablespoons water
- ☐ 8 medium garlic cloves peeled smashed
- ☐ 4 inch ginger smashed sliced
- ☐ 8 servings green onions thinly sliced for garnish
- ☐ 1 cup brown sugar light packed
- ☐ 5 cups chicken broth low-sodium

- ☐ 2 cups soya sauce low-sodium
- ☐ 0.8 cup mirin

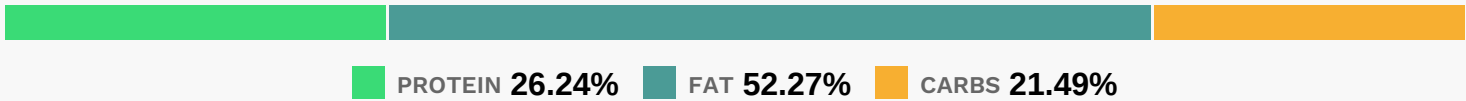
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all ingredients except cornstarch and green onions in a large pot and bring to a boil over high heat. Reduce to low and simmer, covered, turning occasionally, until chicken is tender, about 30 to 35 minutes more.
- ☐ Remove chicken to a serving platter.
- ☐ Remove garlic and ginger and discard. Bring sauce to a boil, skim off excess fat, and cook until reduced slightly, about 10 minutes.
- ☐ Whisk in cornstarch mixture and bring to a boil.
- ☐ Remove from heat, add chicken, turn to coat, and serve chicken with sauce and sliced green onions.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:27.342174073924%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 908.77kcal (45.44%), Fat: 52.94g (81.44%), Saturated Fat: 14.27g (89.16%), Carbohydrates: 48.98g (16.33%), Net Carbohydrates: 48.14g (17.5%), Sugar: 32.62g (36.25%), Cholesterol: 305.61mg (101.87%), Sodium:

2758.75mg (119.95%), Alcohol: 2.21g (100%), Alcohol %: 0.47% (100%), Protein: 59.8g (119.6%), Vitamin B3: 17.34mg (86.71%), Selenium: 59.6µg (85.15%), Phosphorus: 652.93mg (65.29%), Vitamin B6: 1.24mg (62.24%), Vitamin B2: 0.62mg (36.39%), Vitamin B12: 2.14µg (35.72%), Vitamin B5: 3.44mg (34.42%), Zinc: 4.63mg (30.89%), Potassium: 1073.69mg (30.68%), Magnesium: 111.22mg (27.81%), Manganese: 0.44mg (22.01%), Iron: 3.66mg (20.35%), Vitamin K: 19.43µg (18.51%), Vitamin B1: 0.27mg (17.78%), Copper: 0.31mg (15.31%), Folate: 42.04µg (10.51%), Calcium: 84.32mg (8.43%), Vitamin E: 0.96mg (6.42%), Vitamin A: 304.7IU (6.09%), Fiber: 0.84g (3.37%), Vitamin C: 2.24mg (2.71%), Vitamin D: 0.31µg (2.08%)