



Soy-Marinated Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 ounce chicken thighs boneless skinless

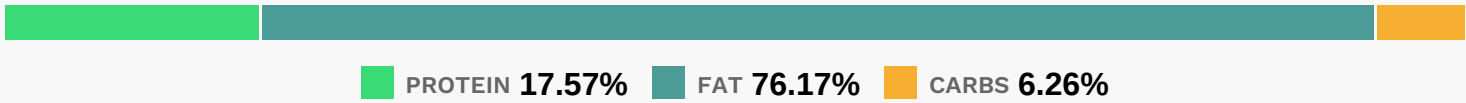
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 4 hours or up to 24 hours, turning occasionally.
- ☐ Prepare grill to medium-high heat.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray; grill 3 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:2.8113043152768%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 88.83kcal (4.44%), Fat: 7.64g (11.76%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.08g (0.08%), Cholesterol: 13.47mg (4.49%), Sodium: 445.1mg (19.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Vitamin E: 1.08mg (7.23%), Vitamin B6: 0.1mg (5.22%), Phosphorus: 49.78mg (4.98%), Selenium: 3.48µg (4.97%), Vitamin B3: 0.96mg (4.79%), Manganese: 0.1mg (4.77%), Vitamin K: 4.65µg (4.43%), Vitamin B2: 0.06mg (3.54%), Magnesium: 13.52mg (3.38%), Iron: 0.51mg (2.86%), Potassium: 89.14mg (2.55%), Vitamin C: 2.07mg (2.51%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.22mg (2.22%), Folate: 6.34µg (1.59%), Vitamin B12: 0.09µg (1.51%), Vitamin B1: 0.02mg (1.4%), Copper: 0.02mg (1.19%), Calcium: 11.71mg (1.17%), Vitamin A: 51.05IU (1.02%), Fiber: 0.26g (1.02%)