

Soy Sauce Chicken

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



651 kcal

SAUCE

Ingredients

- 5 pounds chicken thighs bone-in with skin
- 0.3 cup ginger fresh minced
- 0.3 cup garlic minced
- 0.3 cup green onions chopped
- 1 cup soya sauce
- 1 cup water
- 1 cup sugar white

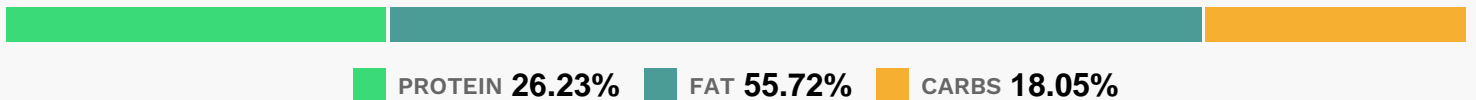
Equipment

- pot
- kitchen thermometer
- tongs

Directions

- Combine sugar, soy sauce, water, garlic, and ginger in a large stock pot; stir until sugar is dissolved.
- Place chicken in stock pot and bring to a boil. Using tongs, turn chicken in pot every 5 minutes.
- Boil chicken until no longer pink at the bone and juices run clear, about 35 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Sauce mixture will turn into a rich, brown glaze.
- Remove pot from heat and let cool 10 minutes.
- Place chicken on a platter and sprinkle with chopped green onions.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:18.17, Inflammation Score:-3, Nutrition Score:18.593478026597%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 651.11kcal (32.56%), Fat: 40.18g (61.82%), Saturated Fat: 10.8g (67.53%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 28.82g (10.48%), Sugar: 25.61g (28.45%), Cholesterol: 236.15mg (78.72%), Sodium: 1808.83mg (78.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.56g (85.13%), Selenium: 46.09µg (65.84%), Vitamin B3: 12.41mg (62.03%), Vitamin B6: 0.94mg (47.2%), Phosphorus: 427.11mg (42.71%), Vitamin B5: 2.59mg (25.91%), Vitamin B12: 1.54µg (25.7%), Vitamin B2: 0.38mg (22.07%), Zinc: 3.21mg (21.43%), Potassium: 594.09mg (16.97%), Magnesium: 60.66mg (15.16%), Vitamin B1: 0.21mg (13.76%), Iron: 2.45mg (13.63%), Manganese: 0.27mg (13.36%), Vitamin K: 11.6µg (11.05%), Copper: 0.19mg (9.53%), Vitamin A: 219.5IU (4.39%), Folate: 14.91µg (3.73%), Calcium: 36.64mg (3.66%), Vitamin E: 0.53mg (3.56%), Vitamin C: 2.06mg (2.5%), Fiber: 0.46g (1.85%), Vitamin D:

0.24µg (1.61%)