



## Spicy Hoisin Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

SAUCE

### Ingredients

- 8 strips. with skin and bones (2 3/4 pounds)
- 4 garlic clove minced
- 0.5 cup hoisin sauce
- 0.5 teaspoon pepper dried red hot
- 1 tablespoon rice vinegar (not seasoned)
- 0.5 teaspoon sesame oil
- 1 tablespoon soya sauce

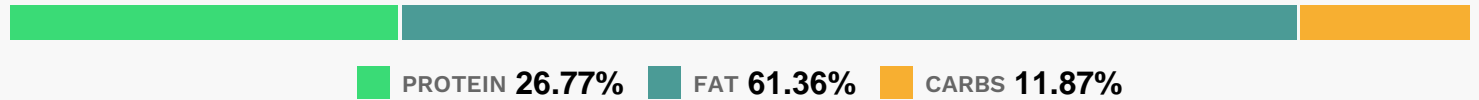
### Equipment

- oven
- whisk
- baking pan
- aluminum foil

## Directions

- Preheat oven to 500°F.
- Whisk together all ingredients except chicken, then coat chicken all over with sauce. Arrange thighs, skin sides up in 1 layer without crowding, in a foil-lined large shallow baking pan (1 inch deep). Roast in upper third of oven until chicken is cooked through and glaze is brown, 20 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:16.91826112374%

## Flavonoids

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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 583.58kcal (29.18%), Fat: 39.26g (60.4%), Saturated Fat: 10.4g (64.97%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 15.95g (5.8%), Sugar: 9.51g (10.57%), Cholesterol: 222.51mg (74.17%), Sodium: 986.96mg (42.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.08%), Selenium: 43.41µg (62.02%), Vitamin B3: 11.13mg (55.63%), Vitamin B6: 0.85mg (42.4%), Phosphorus: 381.49mg (38.15%), Vitamin B12: 1.45µg (24.11%), Vitamin B5: 2.36mg (23.57%), Vitamin B2: 0.39mg (22.67%), Zinc: 3mg (20%), Potassium: 530.73mg (15.16%), Magnesium: 54.15mg (13.54%), Vitamin B1: 0.18mg (11.86%), Iron: 2.06mg (11.47%), Manganese: 0.2mg (10.13%), Copper: 0.18mg (8.85%), Vitamin K: 5.3µg (5.05%), Vitamin A: 252.74IU (5.05%), Fiber: 1.15g (4.59%), Vitamin E: 0.68mg (4.5%), Folate: 15.66µg (3.91%), Calcium: 36.47mg (3.65%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.08mg (1.3%)