



Spicy Honey-Brushed Chicken Thighs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons cider vinegar
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 6 tablespoons honey
- ☐ 1 teaspoon paprika
- ☐ 0.8 teaspoon salt

☐ 8 chicken thighs boneless skinless

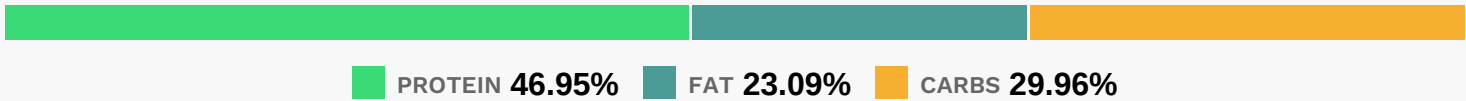
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Add chicken to bowl; toss to coat.
- ☐ Place chicken on a broiler pan coated with cooking spray. Broil chicken 5 minutes on each side.
- ☐ Combine honey and vinegar in a small bowl, stirring well.
- ☐ Remove chicken from oven; brush 1/4 cup honey mixture on chicken. Broil 1 minute.
- ☐ Remove chicken from oven and turn over.
- ☐ Brush chicken with remaining honey mixture. Broil 1 additional minute or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:37.32, Glycemic Load:13.64, Inflammation Score:-5, Nutrition Score:19.726956533349%

Nutrients (% of daily need)

Calories: 377.09kcal (18.85%), Fat: 9.66g (14.86%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 27.36g (9.95%), Sugar: 26.07g (28.97%), Cholesterol: 214.7mg (71.57%), Sodium: 657.11mg (28.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.19g (88.39%), Selenium: 51.97µg (74.25%), Vitamin B3: 12.88mg (64.42%), Vitamin B6: 1.08mg (53.9%), Phosphorus: 438.09mg (43.81%), Vitamin B5: 2.77mg (27.66%), Vitamin B2: 0.43mg (25.51%), Zinc: 3.65mg (24.31%), Vitamin B12: 1.45µg (24.11%), Potassium: 634.77mg (18.14%), Iron: 2.66mg (14.8%), Magnesium: 58.49mg (14.62%), Vitamin B1: 0.22mg (14.54%), Vitamin A: 707.39IU (14.15%),

Copper: 0.17mg (8.26%), Vitamin K: 8.25µg (7.85%), Vitamin E: 1.03mg (6.9%), Manganese: 0.13mg (6.5%), Fiber: 0.84g (3.36%), Calcium: 33.33mg (3.33%), Folate: 11.22µg (2.8%)