



## Spicy Plum Chicken Thighs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 chicken thighs bone in
- 1 tablespoon ginger fresh coarsely chopped
- 4 cloves garlic coarsely chopped
- 1 tablespoon granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 cup honey
- 2 tablespoons juice of lime fresh

- 1 small onion coarsely chopped
- 2 tablespoons vegetable oil; peanut oil preferred
- 4 servings plum sauce
- 1.5 pounds purple plums red pitted coarsely chopped
- 4 servings salt and pepper freshly ground
- 0.3 cup soya sauce
- 1 thai chile coarsely chopped

## Equipment

- food processor
- sauce pan
- grill

## Directions

- Plum Sauce: Use side burner or grill.
- Heat oil in a medium saucepan over medium-high heat.
- Add onions and garlic and cook until soft.
- Add ginger, chile pepper, cinnamon and cloves and cook for 2 minutes.
- Add remaining ingredients and cook until plums are soft and mixture has thickened.
- Place mixture in a food processor and mix until smooth.
- Let cool.
- Preheat grill. Season chicken with salt and pepper to taste. Grill, on 1 side for 5 minutes, or until golden brown. Turn the chicken over, brush with the sauce and continue grilling for 3 to 4 minutes, turn over and brush with sauce. Continue grilling and brushing with the sauce until the chicken is cooked through, approximately 12 to 15 minutes.

## Nutrition Facts

 **PROTEIN 22.73%**  **FAT 56.62%**  **CARBS 20.65%**

## Properties

Glycemic Index:63.26, Glycemic Load:18.56, Inflammation Score:-7, Nutrition Score:25.933912987294%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 875.23kcal (43.76%), Fat: 55.58g (85.51%), Saturated Fat: 14.18g (88.6%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 42.53g (15.46%), Sugar: 38.48g (42.76%), Cholesterol: 283.22mg (94.41%), Sodium: 1234.55mg (53.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.19g (100.39%), Selenium: 54.9µg (78.43%), Vitamin B3: 14.81mg (74.07%), Vitamin B6: 1.14mg (57.1%), Phosphorus: 515.62mg (51.56%), Vitamin B5: 3.29mg (32.89%), Vitamin B12: 1.85µg (30.83%), Vitamin B2: 0.47mg (27.53%), Potassium: 961.93mg (27.48%), Vitamin C: 22.66mg (27.47%), Zinc: 3.98mg (26.53%), Manganese: 0.4mg (20.13%), Magnesium: 77.6mg (19.4%), Vitamin B1: 0.29mg (19.17%), Vitamin K: 17.5µg (16.66%), Vitamin A: 826.47IU (16.53%), Iron: 2.82mg (15.66%), Copper: 0.3mg (14.83%), Vitamin E: 2.19mg (14.63%), Fiber: 3.09g (12.37%), Folate: 24.84µg (6.21%), Calcium: 50.73mg (5.07%), Vitamin D: 0.29µg (1.93%)