



Sticky Soy-Hoisin Chicken Thighs



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



321 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 pounds chicken thighs bone-in
- ☐ 1.5 teaspoons sriracha
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon hoisin sauce
- ☐ 1.5 tablespoons honey
- ☐ 0.3 cup lower-sodium soy sauce
- ☐ 3 tablespoons orange juice fresh

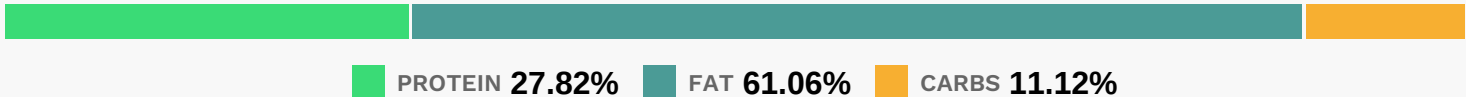
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal, and turn to coat. Marinate at room temperature 30 minutes, turning occasionally.
- ☐ Preheat oven to 45
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Combine reserved marinade and cornstarch in a medium saucepan, stirring with a whisk. Bring marinade mixture to a boil over medium heat; cook 3 minutes or until mixture thickens, stirring occasionally.
- ☐ Place chicken on a wire rack coated with cooking spray.
- ☐ Place rack on a rimmed baking sheet.
- ☐ Bake at 450 for 15 minutes.
- ☐ Brush 1/2 cup marinade mixture over chicken.
- ☐ Bake an additional 15 minutes or until chicken is done.
- ☐ Place chicken in a large bowl.
- ☐ Add remaining marinade mixture; toss well to thoroughly coat chicken.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:3.16, Inflammation Score:-2, Nutrition Score:9.573478297047%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 320.58kcal (16.03%), Fat: 21.49g (33.06%), Saturated Fat: 5.78g (36.1%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.57g (3.12%), Sugar: 6.82g (7.58%), Cholesterol: 126.03mg (42.01%), Sodium: 587.62mg (25.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.05%), Selenium: 24.19µg (34.56%), Vitamin B3: 6.16mg (30.81%), Vitamin B6: 0.46mg (23.21%), Phosphorus: 224.42mg (22.44%), Vitamin B12: 0.82µg (13.71%), Vitamin B5: 1.36mg (13.61%), Vitamin B2: 0.21mg (12.09%), Zinc: 1.72mg (11.46%), Potassium: 329.75mg (9.42%), Magnesium: 34.08mg (8.52%), Vitamin B1: 0.11mg (7.14%), Iron: 1.11mg (6.17%), Vitamin C: 4.29mg (5.2%), Manganese: 0.08mg (4.25%), Copper: 0.08mg (4.07%), Folate: 11.8µg (2.95%), Vitamin K: 2.72µg (2.59%), Vitamin A: 117.4IU (2.35%), Vitamin E: 0.32mg (2.16%), Calcium: 17.02mg (1.7%)