



Sticky tamari & honey chicken thighs



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 strips.
- ☐ 2 tbsp clear honey
- ☐ 4 servings cilantro leaves chopped
- ☐ 2 tsp vegetable oil
- ☐ 2 tbsp tamari sauce
- ☐ 3 tbsp rice wine
- ☐ 5 tbsp ginger chopped
- ☐ 6 garlic clove crushed

☐ 1 pepper flakes red deseeded chopped

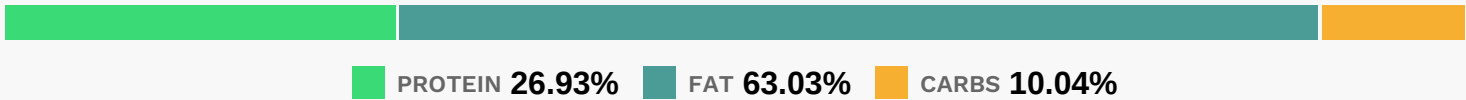
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Slash the skin on each chicken thigh 2-3 times.
- ☐ Mix the marinade ingredients together in a large bowl. Toss the chicken in the marinade until completely coated, then either cook straight away or cover and chill for a few hrs to marinate.
- ☐ To cook, place the chicken in a shallow roasting tin in a single layer and pour over the marinade.
- ☐ Bake for 35-40 mins.
- ☐ Drizzle with honey, place under a medium grill and cook for 3 mins more, until the skin is golden and crisp.
- ☐ Place the chicken on a serving plate and tip all the cooking juices into a small saucepan, pouring off any excess fat. Over a medium heat, bubble down the juices until thick and syrupy.
- ☐ Drizzle over the chicken and scatter with coriander.

Nutrition Facts



Properties

Glycemic Index:47.32, Glycemic Load:5.57, Inflammation Score:-4, Nutrition Score:18.116521742033%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 585.45kcal (29.27%), Fat: 39.94g (61.44%), Saturated Fat: 10.49g (65.57%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 13.79g (5.01%), Sugar: 9.56g (10.63%), Cholesterol: 221.48mg (73.83%), Sodium: 680.37mg (29.58%), Alcohol: 1.81g (100%), Alcohol %: 0.81% (100%), Protein: 38.39g (76.79%), Selenium: 43.33µg (61.9%), Vitamin B3: 11.1mg (55.51%), Vitamin B6: 0.92mg (46.13%), Phosphorus: 384.62mg (38.46%), Vitamin B12: 1.45µg (24.11%), Vitamin B5: 2.4mg (24.05%), Vitamin C: 18.09mg (21.92%), Zinc: 3mg (20.01%), Vitamin B2: 0.33mg (19.63%), Potassium: 581.76mg (16.62%), Magnesium: 54.93mg (13.73%), Vitamin B1: 0.19mg (12.79%), Iron: 2.03mg (11.28%), Vitamin K: 10.85µg (10.34%), Manganese: 0.21mg (10.31%), Copper: 0.18mg (9.01%), Vitamin A: 290.53IU (5.81%), Vitamin E: 0.77mg (5.1%), Calcium: 32.26mg (3.23%), Folate: 12.36µg (3.09%), Fiber: 0.53g (2.14%), Vitamin D: 0.23µg (1.51%)