



Sweet Glazed Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups rice hot cooked
- ☐ 2 tablespoons cornstarch
- ☐ 3 tablespoons green onions sliced
- ☐ 2 tablespoons brown sugar light
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 1 teaspoon olive oil
- ☐ 1 cup pineapple juice

- ☐ 0.3 teaspoon salt
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 3 tablespoons water

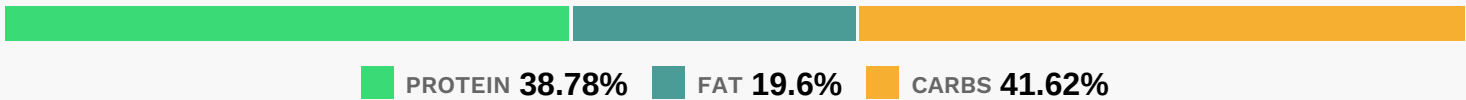
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Sprinkle chicken with pepper and salt.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chicken to pan. Cook 2 to 3 minutes on each side or until browned.
- ☐ Transfer chicken to a 4-quart electric slow cooker coated with cooking spray. Stir pineapple juice into drippings, scraping pan to loosen browned bits.
- ☐ Remove from heat; stir in brown sugar and soy sauce.
- ☐ Pour juice mixture over chicken. Cover and cook on LOW for 2 1/2 hours.
- ☐ Transfer chicken to a serving platter with a slotted spoon. Increase heat to HIGH.
- ☐ Combine 3 tablespoons water and cornstarch in a small bowl; add to sauce in slow cooker, stirring with a whisk. Cook 2 minutes or until sauce thickens, stirring constantly with whisk.
- ☐ Place rice on each of 6 plates. Top with chicken thighs and sauce.
- ☐ Sprinkle each serving with green onions.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:26.27, Inflammation Score:-3, Nutrition Score:16.111304350521%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 339.14kcal (16.96%), Fat: 7.18g (11.04%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 33.72g (12.26%), Sugar: 7.94g (8.83%), Cholesterol: 143.64mg (47.88%), Sodium: 427.3mg (18.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.91%), Selenium: 40.31µg (57.59%), Vitamin B3: 8.92mg (44.61%), Vitamin B6: 0.8mg (39.91%), Phosphorus: 330.59mg (33.06%), Manganese: 0.65mg (32.41%), Vitamin B5: 2.17mg (21.71%), Zinc: 2.79mg (18.59%), Vitamin B2: 0.3mg (17.74%), Vitamin B12: 0.97µg (16.13%), Potassium: 483.91mg (13.83%), Magnesium: 54.06mg (13.51%), Vitamin B1: 0.18mg (11.91%), Vitamin K: 11.39µg (10.84%), Iron: 1.67mg (9.26%), Copper: 0.18mg (8.91%), Vitamin C: 4.5mg (5.45%), Folate: 19.83µg (4.96%), Calcium: 34.78mg (3.48%), Vitamin E: 0.45mg (2.98%), Fiber: 0.58g (2.3%), Vitamin A: 69.08IU (1.38%)