



Sweet, Sticky and Spicy Chicken

 **Gluten Free**  **Dairy Free**

READY IN



22 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 2 teaspoons ginger fresh chopped
- 2 teaspoons garlic chopped
- 2 tablespoons honey
- 2 tablespoons hot sauce
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless cut into 1/2 inch strips

- 0.3 cup soya sauce
- 1 tablespoon vegetable oil

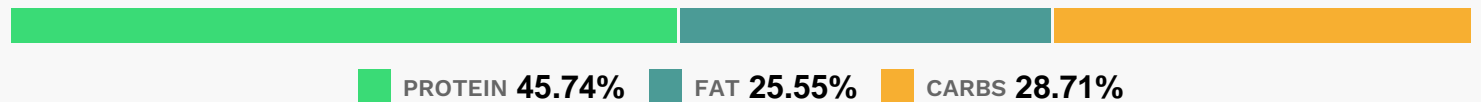
Equipment

- bowl
- frying pan

Directions

- Mix together brown sugar, honey, soy sauce, ginger, garlic and hot sauce in a small bowl.
- Lightly salt and pepper the chicken strips.
- Heat oil in a large skillet over medium heat.
- Add chicken strips and brown on both sides, about 1 minute per side.
- Pour the sauce over the chicken. Simmer uncovered until the sauce thickens, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:28.07, Glycemic Load:4.78, Inflammation Score:-2, Nutrition Score:12.540000135484%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 226.05kcal (11.3%), Fat: 6.38g (9.82%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.93g (5.79%), Sugar: 14.8g (16.45%), Cholesterol: 72.32mg (24.11%), Sodium: 1309.12mg (56.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Vitamin B3: 12.41mg (62.06%), Selenium: 36.65µg (52.36%), Vitamin B6: 0.91mg (45.54%), Phosphorus: 260.16mg (26.02%), Vitamin B5: 1.7mg (16.98%), Potassium: 481.85mg (13.77%), Magnesium: 37.06mg (9.27%), Vitamin B2: 0.15mg (8.61%), Vitamin C: 6.79mg (8.23%), Manganese: 0.13mg (6.63%), Vitamin K: 6.66µg (6.34%), Vitamin B1: 0.09mg (5.76%), Zinc: 0.77mg (5.14%), Iron: 0.91mg (5.08%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.5mg (3.36%), Copper: 0.07mg (3.27%), Folate: 7.95µg (1.99%), Calcium: 17.67mg (1.77%)