



Tangerine-Maple Glazed Chicken Thighs and Drumsticks

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chicken thighs bone-in
- 5 tablespoons canola oil
- 8 skin-on chicken drumsticks
- 4 sprigs thyme leaves fresh
- 2 green onions thinly sliced for garnish
- 1 teaspoon coarsely ground pepper black plus more for seasoning
- 1 tablespoon soya sauce low-sodium

- 0.3 cup maple syrup pure
- 1 quart tangerine-orange juice
- 1 orange zest
- 4 servings grilled oranges and tangerines for garnish
- 1 small onion red coarsely chopped
- 4 servings salt

Equipment

- bowl
- sauce pan
- whisk
- grill

Directions

- Watch how to make this recipe.
- Heat the grill to medium-high.
- Heat 2 tablespoons of the oil in a medium saucepan over high heat, add the onion and cook until soft, 3 to 4 minutes.
- Add the juice and thyme, bring to a boil and cook, stirring occasionally, until thickened and reduced to approximately 1/2 cup, 20 to 25 minutes.
- Strain the mixture into a bowl and whisk in the syrup, soy sauce and black pepper and let cool to room temperature. Can be made 2 days in advance and brought to room temperature before using.
- Brush chicken on both sides with the remaining oil and season with salt and pepper. Grill until golden brown on both sides and just cooked through. Begin brushing with the glaze during the last 5 minutes of grilling.
- Remove to a platter and sprinkle with the green onion.
- Garnish with grilled citrus.

Nutrition Facts



■ PROTEIN 24.64% ■ FAT 58.13% ■ CARBS 17.23%

Properties

Glycemic Index:53.75, Glycemic Load:9.31, Inflammation Score:-10, Nutrition Score:43.478695392609%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 65.01mg, Hesperetin: 65.01mg, Hesperetin: 65.01mg, Hesperetin: 65.01mg Naringenin: 17.03mg, Naringenin: 17.03mg, Naringenin: 17.03mg, Naringenin: 17.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 1247.11kcal (62.36%), Fat: 80.24g (123.45%), Saturated Fat: 18.04g (112.73%), Carbohydrates: 53.51g (17.84%), Net Carbohydrates: 49.64g (18.05%), Sugar: 45.23g (50.25%), Cholesterol: 422.53mg (140.84%), Sodium: 724.31mg (31.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.52g (153.05%), Vitamin C: 126.28mg (153.07%), Selenium: 84.35µg (120.51%), Vitamin B3: 21.41mg (107.06%), Vitamin B6: 1.7mg (85.03%), Phosphorus: 773.01mg (77.3%), Vitamin B2: 1mg (59.02%), Vitamin B5: 5.1mg (51%), Potassium: 1649.35mg (47.12%), Zinc: 6.93mg (46.19%), Vitamin B12: 2.68µg (44.71%), Manganese: 0.79mg (39.42%), Vitamin B1: 0.59mg (39.01%), Vitamin K: 35.68µg (33.98%), Magnesium: 127.18mg (31.79%), Vitamin E: 4.49mg (29.96%), Vitamin A: 1219.36IU (24.39%), Iron: 3.92mg (21.8%), Copper: 0.37mg (18.61%), Calcium: 161.84mg (16.18%), Folate: 64.3µg (16.08%), Fiber: 3.87g (15.48%), Vitamin D: 0.44µg (2.94%)