



Teriyaki Chicken Thighs

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 4 servings garnish: green onions sliced
- ☐ 0.5 pound lo mein noodles whole-wheat
- ☐ 4 servings pepper freshly ground to taste
- ☐ 4 servings salt to taste
- ☐ 1 tablespoon sesame oil toasted

- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 1 cup snow peas trimmed
- ☐ 0.7 cup teriyaki sauce low-sodium

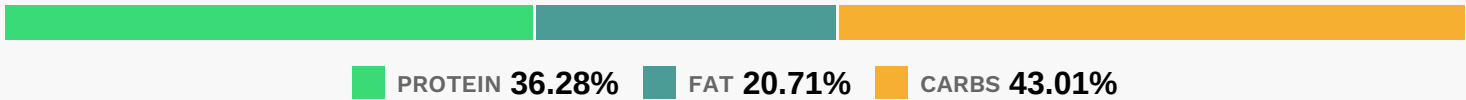
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 5 ingredients in a bowl. Reserve 1/4 cup teriyaki mixture for pasta. Rinse chicken with cold water, pat dry, and arrange on a baking dish.
- ☐ Brush both sides of chicken with teriyaki mixture, and season with salt and pepper.
- ☐ Bake at 425 for 10 minutes or until juices run clear, basting after 5 minutes.
- ☐ Cook pasta according to package directions, adding peas 1 to 2 minutes before end of cooking time.
- ☐ Drain pasta and peas, rinse under cold water, and drain thoroughly.
- ☐ Transfer to a serving dish, and toss with reserved 1/4 cup teriyaki mixture. Slice chicken, and divide evenly over pasta; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:29.837826117225%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 490.46kcal (24.52%), Fat: 11.37g (17.5%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 52.21g (18.99%), Sugar: 7.95g (8.83%), Cholesterol: 161.59mg (53.86%), Sodium: 2190.83mg (95.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.82g (89.64%), Selenium: 80.8µg (115.43%), Manganese: 1.89mg (94.4%), Vitamin B3: 13.22mg (66.08%), Phosphorus: 556.88mg (55.69%), Vitamin B6: 0.99mg (49.74%), Magnesium: 157.92mg (39.48%), Vitamin B1: 0.49mg (32.51%), Vitamin B5: 2.9mg (28.96%), Zinc: 4.09mg (27.28%), Iron: 4.89mg (27.17%), Vitamin B2: 0.44mg (26.02%), Vitamin K: 24.14µg (22.99%), Copper: 0.43mg (21.69%), Potassium: 729.21mg (20.83%), Vitamin C: 16.35mg (19.81%), Vitamin B12: 1.09µg (18.14%), Folate: 57.26µg (14.32%), Vitamin A: 367.64IU (7.35%), Calcium: 68.81mg (6.88%), Fiber: 0.92g (3.67%), Vitamin E: 0.49mg (3.26%)