

Chinese Five Spice Chicken Thighs

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-five-spice-chicken-thighs-recipe>

Ingredients:

- 2 pounds boneless skinless chicken thighs
- 1 tablespoon Chinese 5 spice
- sea salt
- 2 teaspoons olive oil
- 1/2 cup chicken broth not reduced sodium
- 1/4 cup honey
- 1 1/2 teaspoons fresh ginger minced
- cilantro For garnish, optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 145 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 470 milligrams
9. Sugar: 18 grams

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